

Hafa Adai!

3rd coronavirus bill allots millions in aid to CNMI. PAGE 3  
Probable cause found for mechanic's lien against IPI. PAGE 11

75¢

# Saipan Tribune

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## 2 test positive in CNMI

By JUSTINE NAUTA  
justine\_nauta@saipantribune.com  
REPORTER

The novel coronavirus has now reached Saipan, with Esther Muña, the Commonwealth Health Care Corp. chief executive officer, announcing in an emergency press briefing last Saturday evening that the two specimen that were sent to the Guam Public Health Laboratory last March 27 were confirmed positive for COVID-19 on March 28.

### AT A GLANCE

As of March 29, 2020

#### GUAM

Tested: 388  
Negative: 334  
Positive: 54\* (DPHSS), 2\* (NHRC)  
Recovered: 7  
Deaths: 1

#### CNMI

Tested: 6  
Negative: 4  
Positive: 2  
Deaths: 0

\* Tested by Guam Department of Public Health and Social Services Public Health Lab  
\*\* Tested by the Naval Health Research Center in California

Source: Joint Information Center - Guam, Commonwealth Health Care Corp



Torres



Tudela



Villagomez

"The two confirmed positive cases involve a 42-year-old male and a 49-year-old female," said Dr. John Tudela, Medical Affairs director of the Commonwealth Health Center.

Both cases are isolated in quarantine at Kanoa Resort in Susupe after they presented symptoms and got tested at CHC last March 26, Tudela said.

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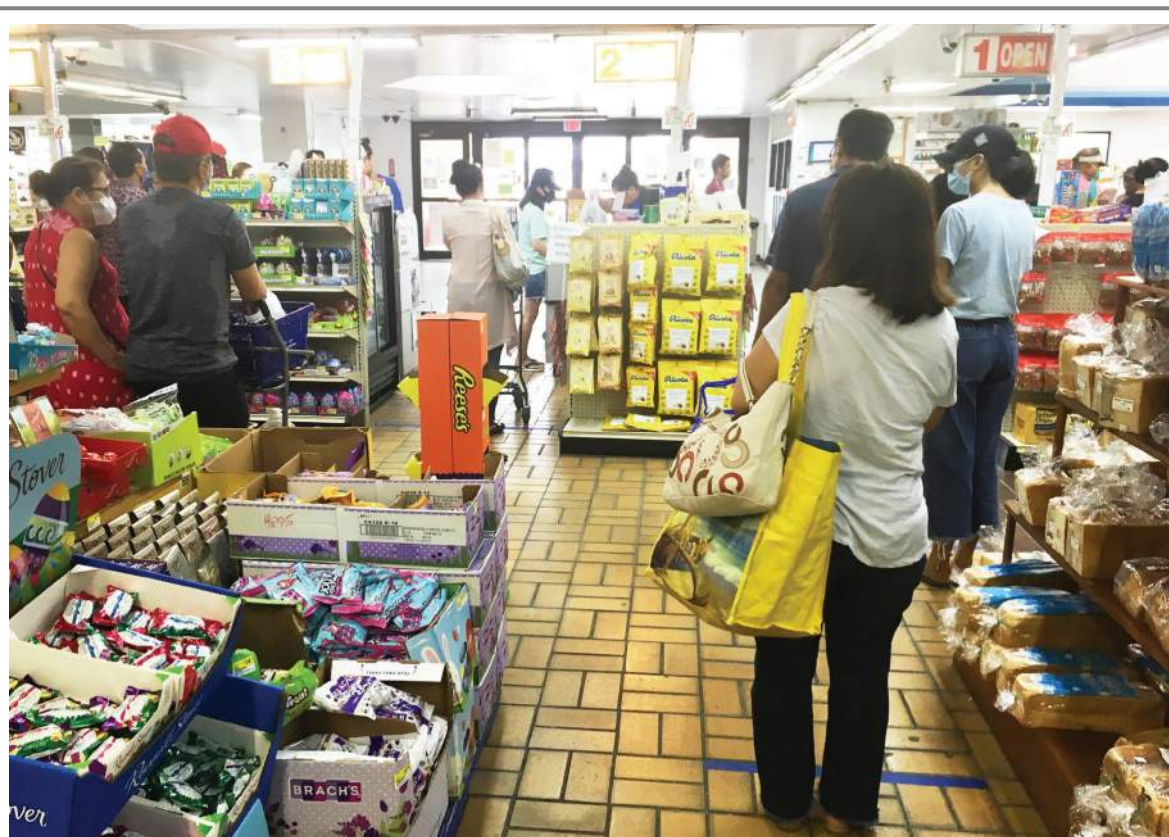


Photo shows customers observing the 6-ft social distancing requirement at the Joeten Supermarket in Susupe last Saturday. Stores and retail establishments are now able to operate from 6am to 6pm, following Gov. Ralph DLG Torres' announcement last Saturday. Strict social distancing protocol must be enforced, and stores who will fail to comply will be closed. IVA MAURIN

## New grocery hours: 6am-6pm

### » Strict social distancing must be observed

By IVA MAURIN  
iva\_maurin@saipantribune.com  
REPORTER

Grocery stores and retail establishments will now be open from 6am to 6pm.

Gov. Ralph DLG Torres announced Saturday the expansion in the hours stores and retail establishments can operate, on the condition that social distancing is strictly implemented and observed in the facilities.

The new hours are an additional five hours to the 6am to 1pm original base hours set and implemented last Tuesday, which had people crowding stores to buy basic necessities. The extended store hours are meant to enforce even more strin-

See NEW on Page 4

## More businesses temporarily close

### » 'Business owners keeping positive mindset'

By BEA CABRERA  
beacabrerasaipan@gmail.com  
CORRESPONDENT

Many businesses in the CNMI, big and small, have temporarily closed their doors, changed operating hours or have migrated their operations online—all due to COVID-19 concerns.

Fiesta Resort and Spa Saipan suspended operations effective Saturday.

See MORE on Page 4

We look forward to that time we will all look back at this period and remember all of the good people did to overcome a worldwide problem

## Virus infections top 600,000 globally with long fight ahead

By GEIR MOULSON and MATT SEDENSKY  
ASSOCIATED PRESS

BERLIN (AP)—The number of confirmed coronavirus infections

worldwide topped 600,000 on Saturday as new cases stacked up quickly in Europe and the United States and officials dug in for a long fight against the pandemic.

The latest landmark came only two days after the world passed half a million infections, according to a tally by John Hopkins University,

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### INSIDE



#### LOCAL

The low-income and uninsured can now avail of prescription medicines at PHI Pharmacy.

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#### WORLD

Another member of British PM Boris Johnson's Cabinet has symptoms of COVID-19.

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#### LIFE & STYLE

A look at the ways the entertainment industry is reacting to the spread of the coronavirus.

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# Local

## WHO: First, do no harm

By JUSTINE NAUTA  
justine\_nauta@saipantribune.com  
REPORTER

In addition to the coronavirus pandemic that's sweeping the globe, there is also what a World Health Organization official calls an "infodemic."

"We are facing an infodemic, which is an epidemic [of] false information," said Dr. Corinne Capuano, director of Pacific Technical Support and World Health Organization representative to the South Pacific.

To combat this, the WHO in Fiji hosted a video teleconference last Thursday for media partners across the Pacific in a bid to help decrease misinformation about COVID-19 and share helpful information with the region. *Saipan Tribune* was one of the participants.

Rose Aynsley, risk communications lead for WHO division of Pacific technological support, pointed out that there is currently no drug—or "pharmaceutical intervention"—that's going to

slow this pandemic "so we really need to have the community on our side."

"We really need to implement practical containment measures at the community level," she said.

### How is the virus spread?

According to Aynsley, the virus will spread if a sick person coughs or sneezes on another person, a person touches an infected surface (tables, handles), or a sick person, and then touches their mouth or face, or kiss someone's face, hands, etc.

"Good hygiene is [really] the best way to protect yourself and others against COVID-19," said Eynsley.

This includes regularly washing your hands for 40 to 60 seconds or using hand sanitizer, covering your sneeze or cough with a tissue or your elbow and washing your hands after, avoiding touching your face, nose, or mouth. If neces-



Capuano

sary, wash your hands beforehand. Keep a distance of at least one meter from other people and avoid hugging, kissing, shaking hands, and sharing items such as cups, utensils, etc.

### Who needs to wear a mask and gloves?

"We're seeing everyone globally who are using masks inappropriately," said Eynsley.

Often, people who are using masks are touching their face more because they're readjusting the mask, they don't fit the mask, or it keeps slipping under their chin.

WHO strongly advises that a healthy person do not need to wear a mask and gloves.

Those who need to wear a mask are persons with COVID-19 symptoms, individuals who are caring for persons who have COVID-19, and health workers or persons screenings individuals who may have COVID-19.

"[Masks and gloves] can provide a false sense of security," said Eynsley.

### Quarantine and isolation: What's the difference?

Isolation is the separation of person/s who have COVID-19 from others in order to stop the spread of the virus.

Quarantine is when you restrict the movement of healthy individuals who may have been exposed to the virus and to monitor them if they become sick.

Persons who are in quarantine must be kept separate and monitored for 14 days from the last time they were exposed to the person with COVID-19. The 14-day period is the incubation period of the novel coronavirus.

### Individual actions for reducing spread

In practicing physical distancing, families should develop a household plan of what you need to cover when going out into the public, which includes grocery shopping, getting water, paying bills, getting medi-

cine, etc. Persons with medical conditions should talk to their health provider in advance.

According to Aynsley, it is recommended to not panic-buy and to shop for a two-week period, if a person is able to and shop again after those two weeks are over.

"[Panic buying] not only changes the price of products but it also means that when people try to get products, they aren't able to because someone stocked up for six months," said Eynsley. At work or home, reduce the risk of exposure by wiping down high-touch surfaces like door handles, keyboards, lights switches, phones, etc. daily.

### Social responsibility

In a slideshow presentation, WHO recommends exercising the medical concept of, "First, do no harm."

That includes getting information from accurate and reliable sources. Prevent and address rumors and misinformation by researching, looking at credible sources such as the

Commonwealth Health Care Corp., newspapers, news broadcast, etc. Minimize exaggerations that undermines trust and creates fear and uncertainty.

Inaccurate and sensational information restrict response and control measures and creates confusion and distrust among people.



Aynsley

### Addressing stigma and discrimination

- Drives people to hide the illness to avoid discrimination
- Prevents people from seeking health care
- Discourages them from adopting healthy behaviors

### Words and images matter

- Talk about "people who have COVID-19," not "COVID-19 victims/cases."
- Don't repeat or share rumors.
- Motivate people with preventative measures and solidarity, not dwell on threat.
- If you or a person gets symptoms, call the Commonwealth Health Center before going there.

## NAP to extend certifications for ongoing households

The U.S. Department of Agriculture, Food and Nutrition Service has approved the CNMI Department of Community and Cultural Affairs-Nutrition Assistance Program's request to temporarily modify certain NAP procedures and services due to the ongoing effects of COVID-19 while undertaking precautionary measures that conforms to protecting the health and safety of our communities.

Gov. Ralph DLG Torres announced the USDA's approval yesterday. DCCA-NAP informs new and ongoing recipients of the following changes:

### Extension of certifications

Households who are currently approved will see their certifications extended without the need to renew. However, all households are still required to report within 10 business days regarding changes to their household circumstances such as changes in household size, income, resources, etc.

### Households with no reported income

- Certifications expiring on March 2020 will be extended to June 2020
- Certifications expiring on April 2020 will be extended to July 2020
- Certifications expiring on May 2020 will be extended to August 2020

### Households with reported income

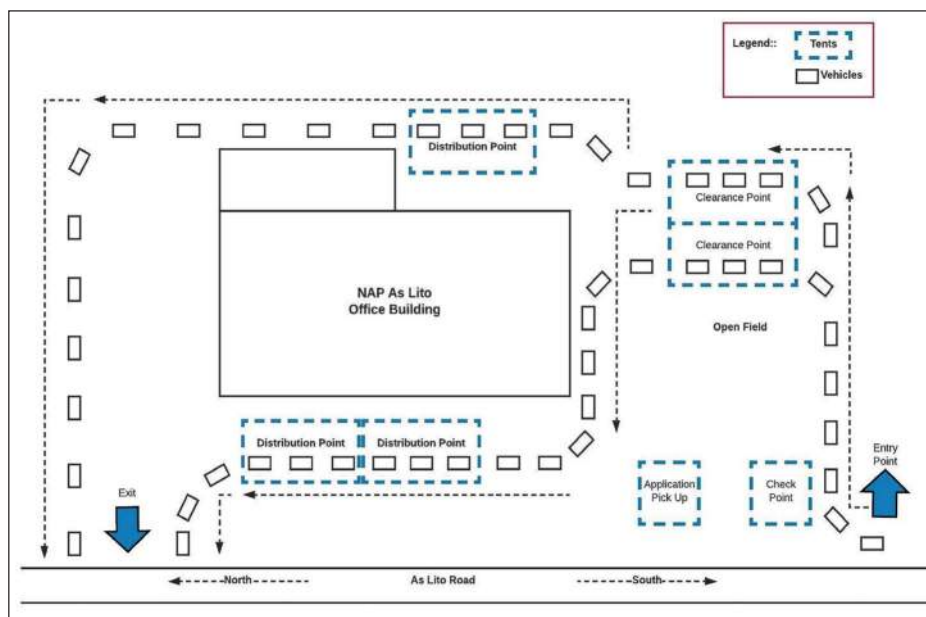
- Certifications expiring on March 2020 will be extended to September 2020
- Certifications expiring on April 2020 will be extended to October 2020
- Certifications expiring on May 2020 will be extended to November 2020

### SSI households

SSI households expiring between March 2020 to November 2020 will be extended to December 2020

### Distribution of benefits for April 2020

The Nutrition Assistance Program will be distributing April 2020 benefits through drive-thru service at their office in As Lito. This means eligible households will be issued their benefits to them while in their vehicle. The purpose of this drive-thru service is to ensure safety and protection of the public and Nutrition Assistance Program personnel from Covid-19. There will be no walk-in service; issuance of benefits will be



performed through the drive-thru service only. Walk-in service will be available on April 16, 2020.

Additionally, only those whose names appear on the valid NAP Identification Card may receive their household's benefits. In addition to the NAP Identification Card, the individual must have a valid photo identification card such as a valid driver's license or passport.

### Issuance Schedule for Saipan

April 1	Wednesday	Case Records ending with "1"
April 2	Thursday	Case Records Ending with "2"
April 3	Friday	Case Records Ending with "3"
April 6	Monday	Case Records Ending with "4"
April 7	Tuesday	Case Records Ending with "5"
April 8	Wednesday	Case Records Ending with "6"
April 9	Thursday	Case Records Ending with "7"
April 13	Monday	Case Records Ending with "8"
April 14	Tuesday	Case Records Ending with "9"
April 15	Wednesday	Case Records Ending with "0"
April 16	Thursday	Open Day

Open Day is intended for households who missed or were unable to pick up their benefits according to the issuance schedule. Walk-in service will be available on Open Day, April 16, 2020. The NAP will strictly enforce the issuance schedule; there will be no early issuances. Applicants who have questions regarding the status of their applications contact the NAP office at 237-2801 or 2802.

### Orientations

Class-setting orientations will temporarily be discontinued. In lieu of in-person orientations, applicants will be issued a paper version of the orientation and an application. An orientation is required before an applicant can be interviewed.

After the applicant has read and understood the paper orientation, the applicant can contact the NAP office and be scheduled for an interview. Any questions regarding any information provided in the paper orientation would be addressed during the interview.

Additionally, the interviewer will provide additional information to the applicant regarding reporting changes, penalties, etc. To request an application and orientation packet visit the Certification Unit at the NAP Office in As Lito.

### Phone interviews

The NAP Certification Unit is responsible for receiving applications and making appropriate determination on applications. In all instances, applicants will be contacted via telephone to be scheduled an appointment for a phone interview. There will be no in-person interviews. Contact the NAP Certification Unit at 237-2801 or 2802 to schedule an appointment for submitted applications.

### Sworn Affidavits

Due to the lack of access to notary publics, NAP applicants may submit required affidavits without being notarized, however the affidavit must include the following statement:

*I declare under penalty of perjury that the foregoing is true and correct and that this declaration was executed on \_\_\_\_\_ at \_\_\_\_\_, Commonwealth of the Northern Marianas Islands.*

### Work registration

Under the current rules, recipients who were not exempted from the work registration requirements are required to report to the Department of Labor, Division of Employment Services and register for work. Due to the government office closure, the work registration is suspended through May 30, 2020.

The DCCA – NAP will continue to provide updates of any new or extension of waivers.

For more information contact NAP at 237-2842 or 2843. (PR)



# 3rd coronavirus bill allots millions in aid to CNMI

## » Kilili: Millions in aid to CNMI, schools, hospital, workers, taxpayers, business

WASHINGTON, D.C.—The U.S. House of Representatives passed a third coronavirus relief bill Friday afternoon and the President signed it into law.

Delegate Gregorio Kilili C. Sablan (Ind-MP), who has been in Washington, D.C. all week for the negotiations, reports tens of millions of dollars were added to help the Marianas in the final version of the Coronavirus Aid, Relief, and Economic Security, or CARES, Act.

The delegate's four primary goals—direct aid to the Commonwealth for education, healthcare, and other government expenditures; cash for laid-off workers; federal funds to the CNMI treasury for tax-based payments to individuals; and help for tourism-related businesses—were all met. In addition, the Marianas shares an additional \$200 million in food aid with American Samoa and Puerto Rico and is eligible for a range of federal programs from childcare to economic development that are all receiving additional funds to help America weather the coronavirus crisis.

"Although the CARES Act will be a tremendous help to our islands and our nation in the weeks ahead," Sablan said, "we face an uncertain future. More work remains to do in Congress to make sure that we contain the spread of the coronavirus and minimize the economic damage."

### Direct aid to the CNMI government

Sablan reports the Commonwealth government will receive an estimated \$37.8 million from the CARES Act. A \$3 billion set-aside in the law for non-state governments is divided among American Samoa, the District of Columbia, Guam, the Marianas, Puerto Rico, and the Virgin Islands based on population.

Sablan made this direct payment to local government a top

priority in his personal advocacy for the Marianas and also rallied other insular area Delegates around this effort.

The CARES Act, as originally introduced by Republican Senate Leader Mitch McConnell, had no direct aid for insular government or for state governments. That gap was fixed in the final negotiations leading to passage of the law. The Commonwealth and other insular governments receive about \$700 per capita in direct aid. The average for state governments is about \$460 per capita.

Nevertheless, the CARES Act provides less assistance to insular governments than legislation introduced by House Democrats last week as a counterproposal. "Of course, it was important to get some money for local government in the CARES Act," Sablan said. "I do not think it will be enough, however. So, as we move to drafting a fourth coronavirus relief package, getting more direct aid to the Commonwealth government will continue to be one of my main concerns."

The Commonwealth government will also be eligible to receive technical assistance funds through the Department of the Interior. "The insular areas have needs uniquely different than the rest of the nation and have limited financial resources," Sablan said. "So, we included \$55 million for Interior's Assistance to Territories account in the CARES Act."

This week, Interior announced award of \$858,924 from this account to the Pacific Island Health Officers Association. The money will be used to purchase coronavirus test kits for American Samoa, Guam, the Marianas, and the Freely Associated States.

Last week, Interior awarded \$366,900 to the Marianas from this assistance fund to procure personal protective equipment and hygienic supplies for government workers and others at risk of exposure to the coronavirus.

"The need is clear," Sablan said, "and now there is additional funding."

### Money for teachers, schools increased

The final version of the CARES Act includes up to \$153 million for schools from Kindergarten through high school and for colleges in the insular areas. As chairman of the House Subcommittee on Early Childhood, Elementary and Secondary Education, Sablan prioritized school funding during negotiations. Funding for schools nationwide was increased and what insular school got was lifted from \$100 million in an earlier stage of the bill.

"With the Commonwealth government unable to keep up with what it owes the Public School System, this new money will pay teacher and staff salaries in the weeks and months ahead and eventually help our schools reopen," Sablan said.

PSS and Northern Marianas College may also be able to use the money to invest in their distance-learning infrastructure, so young people in the Marianas



Sablan

can continue their education, even in the middle of the coronavirus crisis. Funding all locations for each insular area will be determined by the Secretary of Education based on her determination of need.

### \$960 per week unemployment benefit

Workers in the Marianas, who lose their private sector or government job because of the coronavirus, will receive weekly unemployment checks, even though the Marianas does not have an unemployment compensation system that employers pay into.

"According to staff of the House Ways and Means Committee, who worked with us on making sure laid-off workers in the Marianas would get an unemployment check, this should be about \$960 per week in total," Sablan said.

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The weekly benefit in the Marianas will be equal to the national average unemployment compensation benefit of about \$360, plus an additional federal supplement of \$600.

Press reports generally say the CARES Act provides four months of unemployment benefits. But that is an extra 13 weeks (four months) on top of the normal 26 weeks that state systems provide. For the Marianas Sablan was able to get the same total number of weeks—39 weeks or about nine months.

"This direct help for workers and their families to make up for lost income was another of my top priorities," Sablan said. The unemployment payments were difficult to include

in the new law, because the Commonwealth has never set up an unemployment system to protect workers who lose a job through no fault of their own. And Congress usually uses state unemployment systems to get checks to laid-off workers. So a special Pandemic Unemployment Assistance program had to be set up to cover workers in the Marianas and other areas not covered by an existing unemployment system.

The Commonwealth government will administer these new Pandemic Unemployment Assistance payments with 100% federal funding.

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

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# PSS expects to get \$12M from USDOE

By KIMBERLY A. BAUTISTA  
kimberly\_bautista@saipantribune.com  
REPORTER

The CNMI Public School System is depending on their eligibility to receive over \$12 million from the U.S. Coronavirus Supplemental Appropriation to continue operating for the rest of the school year.

In a Board of Education meeting last Saturday, Tim Thornburgh, PSS federal program manager, told the board that PSS can expect \$12.6 million from the U.S. emergency supplemental funding under the Education Stabilization Fund. The Northern Marianas College is also eligible for \$14 million under the act.

“One of the components of the \$2.3-trillion emergency supplement-

tal funding is the Education Stabilization Fund and what we’re going to get from that is \$12.6 million, \$14 million for the college, and then there is \$3 million for the governor, which he must use to help PSS or the college or split it between the two. Hopefully we get \$2 [million] or \$3 million more to bring us up to \$15 million,” said Thornburgh.

PSS hopes to receive the funding by May 25.

PSS is depending on this funding because PSS has received word from the Department of Finance that, with the dwindling CNMI revenue collection, there is a possibility that the allocated funding for PSS could get zeroed out.

PSS received only a little over

\$700,000 last month; its monthly allocation should be \$1.3 million.

Thornburgh explained that the funding would come directly from the U.S. Department of Education when the application is approved.

“The way the law is written, the department has 30 days to receive the application, and then in the next 30 days they must approve the application, so we’re talking maybe May 25, we should have approval,” he said.

Thornburgh said the allocation is to be used to keep school employees and contractors paid during the COVID-19 crisis. “Essentially what they want us to do is make certain that, to the greatest extent, we can continue to pay our employees and our contractors,” he said.

## 2 TEST

From Page 1

CHC has already started contact tracing for the two patients’ most immediate contacts, which include family members, friends, and members of a faith-based organization, where the two had gone.

One individual recently returned from Guam on March 12 and the other individual traveled to Tinian on March 13 and returned to Saipan on March 14. The two individuals stated that they showed symptoms around March 17 and sought care at CHC on March 25 and 26.

Both individuals met the criteria of a “person under investigation” as defined by the Centers for Disease Control and Protection. Their specimens were collected on March 27 and submitted to Guam on the same day.

“Now that we have two [confirmed] positive COVID-19 cases, we are strongly advising all residents to be responsible in practicing good [hand] hygiene, social distancing, and protect our most vulnerable population, including our man’amkos and patients with chronic medical conditions,” said Warren Villagomez, COVID-19 Task Force director.

“Since January, we have done everything to be proactive as a government and implement strict social distancing procedures to keep you, your families, and our man’amko, and our loved ones with pre-existing illnesses safe,” said Gov. Ralph DLG Torres,

who also spoke at the press briefing, which was broadcasted live via the Office of the Governor’s social media page.

Andy (not his real name), 60, San Antonio, is not surprised. He already expected positive cases to be here. “If Guam already has more than 20-plus positive cases, Saipan would definitely have one soon but I didn’t expect it to be so fast. I just hope people would take this seriously now, try and stay home and stay clean,” he said.

A Koblerville resident had the same thought, saying people should stop those parties at the beach and stay at home as much as possible to prevent the spread of the virus.

### Precautionary measures

In a later interview, Tudela said that they have implemented precautionary measures for employees, volunteers, hospital staff, and those in quarantine at Kanoa Resort, which has been designated as a quarantine site. The Mariana Resort & Spa was also being used as a temporary quarantine site but the Department of Fire and Emergency Medical Services brought those in quarantine there to Kanoa Resort yesterday.

Tudela stated that they have protocols to ensure the safety of everyone who are in quarantine, as well as the first responders.

“We are using PPE [personal protective equipment], and also have designated areas for those who have symptoms that are away from patients/passengers without symptoms,” said Tudela.

Tudela assures that the two individuals are being monitored closely and checked daily, making sure they are stable and don’t need any additional health intervention. There is no reason that the two individuals should be hospitalized, he added.

In addition, Tudela said that two positive patients that are in isolation do not have any contact with the rest of the people who are currently in quarantine.

“Those that are without symptoms, we have them grouped so that they can do daily stuff, but never in a large group,” said Tudela. Individuals who are in Kanoa are also practicing social distancing—keeping a distance of 6 feet from other people.

According to Tudela, “we have to prepare for the worst.”

“Let us continue to practice social distancing, staying 6 feet apart in public areas, and avoiding contact with our man’amko and our loved ones who have chronic illnesses,” said Torres.

### CHCC ventilators

Right now, the Commonwealth Health Center has a total of 86 beds but only 76 beds are available and there are only 17 ventilators. Tudela stated that they will be ordering more ventilation machines.

He stated that Kanoa Resort will remain a quarantine facility to help prevent any more spread or “repress any widespread transmission.”

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

nandez-Owens said she and her husband had to pull the plug on their business because their rental unit is next to their house. “We have three little children and their health and safety are very important to us. So even though we won’t be making money, it is the only choice we had,” she said.

The Owens have guests from the U.S. mainland and Guam, but their clientele are mostly from China and South Korea. Owen said she actually had to contact AirBnB to ask it to cancel bookings because AirBnB has penalties if hosts cancel bookings, “so I had to explain why,” she said.

“Honestly, it is very hard to stay positive as we have not even reached a year since we opened. However, the only way to survive this is to have hope that this crisis shall soon pass. ... We cannot be consumed by despair, sadness, or stress because that

can be detrimental to our health. ... As parents and small business owners, we have to stay positive for our own state of mind and, most importantly, for our children,” she added.

Isla Montessori School, a non-profit school in Dandan, closed their campus last March 16. “Following the announcement from the governor and the Public School System and to ensure the health of our children and their families... we used the first week of closure as our spring break and, during that time, teachers worked to create their distance learning opportunities for the students. ... We began official school days on March 23 and have just completed our first week online,” said school co-founder Susan Book.

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

# PSS staff received only 70% of their salary

By KIMBERLY A. BAUTISTA  
kimberly\_bautista@saipantribune.com  
REPORTER

A little over 800 locally funded Public School System staff were paid only 70% of their biweekly salary last pay period because the CNMI government continues to lose revenue as a result of the current COVID-19 pandemic.

It was learned at an emergency Board of Education meeting last Saturday that PSS was only able to pay 70% of locally funded staff salaries, according to Education Commissioner Dr. Alfred Ada.

Of over 1,000 PSS employees, some 800 are locally funded; the remaining 200 or so are federally funded. All federally funded employees were paid in full.

Ada informed the board that PSS is working on getting the funds needed to pay off the remaining 30% of the staff’s salaries.

Kimo Rosario, PSS director of Finance, said that PSS was “fortunate” to pay at least 70% of staff salaries last pay period because they really didn’t have enough money.

“We were fortunate to pay out our staff at 70%, thanks to [BOE chair Janice Tenorio] who secured \$250,000 from the central government and the remainder are PSS reserve funds, excess funds, and our

Saipan and Northern Islands Legislative Delegation funds. That’s how we paid our employees this last pay period,” he said.

For the last pay period, Rosario said PSS only received \$727,000 in local funds. Of that amount, \$230,000 went to FICA (Federal Insurance Contributions Act) payment. The remaining amount was the net pay for employees.

“Our budget was revised back in February, [which] only leaves us with \$14 million to operate for the next eight months. That was further revised due to dwindling collections leaving, PSS with practically nothing,” he said.

The 64-hour work schedule, which was implemented earlier this month, was based on the \$106-million revised CNMI budget. Right now, the CNMI government projects revenue to just reach \$77 million, he said.

Rosario said the only salvation PSS has to look forward to is their eligibility for funding under the Education Stabilization Fund under the U.S. Coronavirus Supplemental Appropriation that President Donald J. Trump recently signed into law.

“This is the reality, we don’t have money coming in. Our only salvation is that federal aid that President Trump just signed into law,” he said.

## NEW

From Page 1

gent social distancing measures as everyone shops for goods and produce.

“Effective tomorrow, March 28, hours for store and retail establishments will be from 6am to 6pm,” the governor said in a press briefing last night at the Commonwealth Health Center. “Stores will be mandated to implement strict social distancing as a condition for operating under these new hours. Again, we’re opening this time for our community, but citations and enforcement is forthcoming for any establishment that does not fulfill the social distancing of 6 feet.”

Stores must post “one-way” flow signs for entrance and “one-way” flow signs for exit, maintain crowd control, and ensure there are visible customer line-up markers that are 6 feet apart leading to the cashier counter.

Retail establishments must regu-

larly and frequently clean all surfaces; sanitize main entrance door handles; sanitize handles of shopping baskets and shopping carts; and sanitize handles for chill boxes, coolers, and freezers.

One of the legislators who called for the store hours to be extended, Rep. Tina Sablan (Ind-Saipan), appeals to the community to plan shopping trips, buy only what one needs, and to be considerate of others. “When you do go out, please practice social distancing, use your sanitizers, and be extra kind and courteous to each other and to the store employees who are providing an essential service for us all,” she added.

Grocery stores must also limit their capacity within their facilities to 50% of their permitted occupancy, as set by the Department of Public Works Building Code.

A longer version of this story is available at [www.saipantribune.com](http://www.saipantribune.com)

## VIRUS

From Page 1

showing that much work remains to be done to slow the spread of the virus. It showed more than 607,000 cases and over 28,000 deaths.

While the U.S. now leads the world in reported infections—with more than 104,000 cases—five countries exceed its roughly 1,700 deaths: Italy, Spain, China, Iran and France.

“We cannot completely prevent infections at this stage, but we can and must in the immediate future achieve fewer new infections per day, a slower spread,” German Chancellor Angela Merkel, who is in quarantine at home after her doctor tested positive for the virus, told her compatriots in an audio message. “That will decide whether our health system can stand up to the virus.”

The virus already has put health sys-

tems in Italy, Spain and France under extreme strain. Lockdowns of varying severity have been introduced across Europe, nearly emptying streets in normally bustling cities, including Paris where drone photos showed the city’s landmarks eerily deserted.

Merkel’s chief of staff, Helge Braun, said Germany—where authorities closed nonessential shops and banned gatherings of more than two in public—won’t relax its restrictions before April 20.

Spain, where stay-at-home restrictions have been in place for nearly two weeks, reported 832 more deaths Saturday, its highest daily count yet, bringing its total to 5,690. Another 8,000 confirmed infections pushed that count above 72,000.

Doctors, nurses and ambulance drivers in its worst-hit regions are working nonstop and falling ill at an alarming rate. More than 9,000 health workers in the country have been infected.

## MORE

From Page 1

day. In its announcement last Friday, it stated that the temporary closure is due to the COVID-19 pandemic.

Kensington Hotel in San Roque is closing all business operations—accommodations and restaurants starting this week, while Hyatt Regency Saipan has suspended accepting accommodations but Kili Café & Terrace is open for take-out.

The famous fried rice of Shirley’s Coffee Shop will be missed for a while as they closed temporarily effective last week.

Other businesses that also announced their temporary closure in Facebook posts yesterday were ice-2CU and 360 Revolving Restaurant.

Bed-and-breakfast owner Shey Fer-



Superior Court Associate Judge Teresa K. Kim-Tenorio has denied a motion to dismiss a lawsuit filed by three establishments in western Garapan who are suing Imperial Pacific International (CNMI) LLC for allegedly obstructing access to their sites and affecting their operations.

In an order on Wednesday that denied IPI's motion to dismiss, Kim-Tenorio ruled that the court has jurisdiction over the matter since the Division of Coastal Resources Management lacks the authority or the ability to give the three establishments with the relief they are seeking.

The three companies—American Herbal Essence Group, American Create Beauty Corp., and American Dongsheng Corp., through counsel Robert T. Torres—are suing IPI for private nuisance and tortious interference with prospective business advantage. Tortious interference refers to an act of intentionally interfering with someone's business.

The plaintiffs are lessees of a commercial space on Coral

## IN OBSTRUCTION OF ACCESS TO ESTABLISHMENTS' SITES CASE IPI's motion to dismiss lawsuit is denied

Tree Avenue across IPI's casino/resort.

They alleged that on Dec. 20, 2018, IPI began extensive excavation of a large portion of Coral Tree Avenue that extended near their leased premises. IPI allegedly dug a 2-foot-deep trench and posted detour signs redirecting foot and vehicular traffic away from the entrance to the plaintiffs' leased premises.

Kim-Tenorio said that IPI's motion to dismiss this claim is denied because the plaintiffs have presented a "cognizable legal theory" in its nuisance claim. Kim-Tenorio said the plaintiffs have alleged facts that, when viewed in light most favorable to them, establish that IPI interfered with their business prospects.

The judge also denied IPI's



**Kim-Tenorio**

motion to dismiss the plaintiffs' demand for payment of punitive damages.

She said because IPI failed to provide facts establishing DCRM as a necessary party to his case, IPI's motion to dismiss this matter is denied.

With the court's ruling, Torres said Thursday that American Herbal Essence looks forward to its case against IPI. Torres said American Herbal Essence has stated its causes of action for the harm occasioned by IPI's overreaching in its project.

Torres said their view is that a CRM permit does not give one permission to harm and be a nuisance to adjacent owners' interests despite a major siting permit and written complaints to CRM/Department of Public Works and Division of Envi-

ronmental Quality.

"We will prosecute this action and proceed," the lawyer said.

Plaintiffs alleged that IPI's continued obstruction in the area has exponentially affected their use of its leased premises, including the operation of its restaurant and retail business.

The plaintiffs alleged that this resulted in economic loss and



**Torres**

has further frustrated and impacted their contractual relationship with their landlord.

IPI, through counsel Michael Dotts, filed a motion to dismiss the case last Dec. 16, saying the court lacks jurisdiction over the case since the plaintiffs failed to exhaust all available administrative remedies.

Dotts argued that plaintiffs

failed to plead all of the necessary elements of a nuisance claim, and a claim of tortious interference with prospective advantage.

IPI's counsel also argued that plaintiffs failed to establish all elements necessary to support a request for punitive damages.

IPI further alleged a defense of plaintiffs' failure to join the DCRM as a necessary defendant.

The defendants, through Torres, opposed the motion.

Kim-Tenorio heard the motion last Feb. 25. (**Ferdie De La Torre**)

## Pacific territories, FAS awarded \$858K for COVID-19 testing kits and machine

**WASHINGTON, D.C.**—The U.S. Department of the Interior has awarded \$858,924 in emergency grant funding to the Pacific Island Health Officers Association to provide GeneXpert testing kits and a machine for the U.S. Pacific territories and Freely Associated States so that they may now conduct on-island testing during the coronavirus pandemic.

The funding will be used to buy newly developed COVID-19 testing kits for American Samoa, Guam, and the CNMI, as well as the Freely Associated States of the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau.

The funds—which DOI is providing under its Technical Assistance Program—will also be used to purchase one GeneXpert back-up machine for the region.

"[Interior] Secretary [Da-

vid] Bernhardt and I are pleased to support the purchase of testing materials and the machine in facilitating island health officials to conduct on-site testing for COVID-19 cases during this pandemic," said Assistant Secretary Douglas W. Domenech, Insular and International Affairs. "Travel restrictions imposed to protect island communities from COVID-19 have delayed and restricted options for centralized lab testing services, but recent Emergency Use Authorization announcements made by President [Donald J.] Trump and the U.S. Food and Drug Administration have opened other opportunities for on-site testing. This is critical for island area health officials as they work to protect their communities."

The PIHOA has confirmed that all health departments in the Pacific territories and the Freely Associated States cur-

rently have the testing equipment, lab infrastructure, skills, and practical knowledge base to set up and run localized COVID-19 testing using the GeneXpert platform as they currently run similar tests on the same platform for other diseases, such as tuberculosis. PIHOA is working with regional and local health authorities to assess needs and will conduct a regional bulk procurement of newly developed COVID-19 testing kits and a back-up GeneXpert machine for the island areas.

For guidelines on how to apply for OIA TAP funding, visit the OIA website at <https://www.doi.gov/oia/financial-assistance>. Due to the global coronavirus pandemic, the Office of Insular Affairs has also extended the previously announced grant application deadline for fiscal year 2020 TAP funding from April 1 to May 1, 2020. (**PR**)

## Torres calls for stronger collaboration with Sablan

In addition to the numerous requests for federal assistance to stop the spread of COVID-19 in the Marianas, Gov. Ralph DLG Torres has formally sent a letter of recommendations of measures that require congressional action to Delegate Gregorio Kilili C. Sablan (Ind-MP) to complement the CNMI's response to the global pandemic.

In his letter, Torres reaffirmed the need for collaboration to ensure additional federal assistance that require congressional approval.

"As this government utilizes its limited resources to respond to the global outbreak of the novel coronavirus, it is clear that no other community

in the United States is affected by a pandemic of this size and magnitude than the people of the CNMI," Torres said.

"To respond to both the public health crisis and the unfolding fiscal and economic crisis facing our people, I have unleashed every resource available to the CNMI government to halt the spread of this disease to our people and mitigate the existential threat the loss of financial resources of this size will have on the necessary and essential services of government.

"The CNMI government and the people we serve need immediate assistance from the federal government. Historically, the CNMI and the ter-

ritories of the United States have been treated separately than the states of our nation in apportioning the benefits of federal programs. This has impacted the viability of our economies and resulted in a system that has leveled us with dramatically unequal outcomes. This systemic inequality can be remedied if Congress can recognize the exceptionality of our hardships in this crisis and act with an equally unique response."

Torres then provided an extensive list of recommendations that require necessary action within the U.S. Congress in order to prevent longstanding effects to the Commonwealth. (**PR**)

## MCS extends early bird registration from March to May

To assist families as they prepare to enroll their child for the 2020-2021 school year, Mount Carmel School has extended its Early Bird special for new, returning, and ongoing students from March to May 2, 2020. Mount Carmel School's Early Bird special is typically offered in the month of April.

The annual early bird registration discount is as follows: For grades K4-K5 registration is \$75 per student (normally \$100). For students in grades first through 12th, the registration fee is \$200 per student (normally \$400.) The deadline for the Early Bird registration and fees is scheduled for May 2, 2020.

Additionally, the school's

leadership team will be exploring ways to expand scholarship funding and financial aid. This may include earmarking a portion of all Education Tax Credit (ETC) revenue towards the school's scholarship and financial aid program.


School president, Dr. Galvin Deleon Guerrero shared, "We know that these are challenging times for our families and we want to help." Deleon Guerrero continued, "In addition to our academic and extracurricular scholarship opportunities, our team at MCS is continuously working hard to establish new means of providing more financial aid opportunities for its students."

Application forms for aca-

demic and extracurricular scholarships will be available online and at the Main Office and Business Office on May 31, 2020.


The school will also continue family discounts for families that enroll more than one child. Families with two children can avail of a \$600 discount for the second child, families with three children can avail of a \$1,000 discount for the third child, and families with four children can avail of a \$1,500 discount for the fourth child.

To learn more about enrolling at Mount Carmel School for the upcoming 2020-2021 school year, call 234-6184 or visit [www.mountcarmel-saipan.com](http://www.mountcarmel-saipan.com). (**PR**)



### Commonwealth Utilities Corporation

#### Office of the Executive Director



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## INVITATION FOR BIDS

### CUC-IFB-19-028, REV.1

### REPLACEMENT OF SADOG TASI WWTP CLARIFIER

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the Replacement of Sadog Tasi Clarifier Replacement in Saipan, Commonwealth of the Northern Mariana Islands.

The intent of the contract is for the Contractor to provide all labor, equipment, supplies and materials necessary to complete the scope of work which consists of installation of a new circular clarifier mechanism and replacement or repair of the effluent launder box; removal of the old circular clarifier mechanism and sections of the effluent launder box; replacement of the RFP weirs and scum baffle, installation of a new outer scum baffle; installation of new area lighting, wires, and conduit, and disconnect boxes; installation of a new process water spray system for foam control. The work shall include the dewatering and cleaning of aeration basin #3 and the clarifier; routing process flow and maintaining conditions during the construction period; and returning process flow from the aeration basin to the clarifier. The work shall be completed with minimal disruption to the daily operation of the Sadog Tasi Waste Water Treatment Plant. CUC requires the Project to be completed in 365 calendar days from date of award of contract.

The project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of approval for project award from USEPA.

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of **\$100.00** (non-refundable) for one IFB package set.

A Pre-Bid Conference followed by site visits will be held on **March 12, 2020 at 10:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.17, Joeten Dandan Commercial Building.

**One (1) Original and Five (5) Hard Copies** of the bid MUST be submitted in a sealed envelope marked **"CUC-IFB-19-028, Rev.1 Replacement of the Sadog Tasi Clarifier"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than 10:00 AM (ChST) April 2, 2020**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 60 days after submission. Late submissions and conditional bids will not be considered.

A **Bid Guarantee** of fifteen (15%) percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. A **Payment Bond** of one hundred (100%) percent and a **Performance Bond** of one hundred (100%) percent of the total bid price will be required upon the execution of the contract by the successful bidders. The Payment and Performance bond must be executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract. All insurers' questions, concerns and qualification shall be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code.

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations. This Invitation for Bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of bids in anticipation of a contract. Bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than **10:00 a.m. (ChST) on March 16, 2020** to Manny B. Sablan, CUC Purchasing Officer via email address [manny.sablan@cucgov.org](mailto:manny.sablan@cucgov.org) with a copy to Christie Sablan, CUC P&S, Purchasing Technician, Senior via email address [christie.sablan@cucgov.org](mailto:christie.sablan@cucgov.org).

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

GARY P. CAMACHO  
Executive Director

MANVY B. SABLÁN, JR.  
Purchasing Administrator



# COVID-19 paid leave for workers, tax credits for businesses

WASHINGTON, D.C.— Small and midsize employers can begin taking advantage of two new refundable payroll tax credits, designed to immediately and fully reimburse them, dollar-for-dollar, for the cost of providing coronavirus-related leave to their employees, according to an announcement from the U.S. Treasury Department, Internal Revenue Service, and the U.S. Department of Labor.

This relief to employees and small and midsize businesses is provided under the Families First Coronavirus Response Act, signed by President Donald Trump on March 18, 2020.

The act will help the United States combat and defeat COVID-19 by giving all American businesses with fewer than 500 employees funds to provide employees with paid leave, either for the employee's own health needs or to care for family members. The legislation will enable employers to keep their workers on their payrolls, while at the same time ensuring that workers are not forced to choose between their paychecks and the public health measures needed to combat the virus.

## KEY TAKEAWAYS

**Paid sick leave for workers:** For COVID-19 related reasons, employees receive up to 80 hours of paid sick leave and expanded paid child care leave when employees' children's schools are closed or child care providers are unavailable.

■ **Complete Coverage:** Employers receive 100% reimbursement for paid leave pursuant to the act.

■ **Health insurance costs** are also included in the credit.

■ **Employers face no payroll tax liability.**

■ **Self-employed individuals**

receive an equivalent credit.

■ **Fast Funds:** Reimbursement will be quick and easy to obtain.

■ **An immediate dollar-for-dollar tax offset** against payroll taxes will be provided

■ **Where a refund is owed,** the IRS will send the refund as quickly as possible.

■ **Small business protection:** Employers with fewer than 50 employees are eligible for an exemption from the requirements to provide leave to care for a child whose school is closed or child care is unavailable in cases where the viability of the business is threatened.

■ **Easing compliance:** Requirements subject to 30-day non-enforcement period for good faith compliance efforts.

To take immediate advantage of the paid leave credits, businesses can retain and access funds that they would otherwise pay to the IRS in payroll taxes. If those amounts are not sufficient to cover the cost of paid leave, employers can seek an expedited advance from the IRS by submitting a streamlined claim form that will be released next week.

## BACKGROUND

The act provided paid sick leave and expanded family and medical leave for COVID-19 related reasons and created the refundable paid sick leave credit and the paid child-care leave credit for eligible employers. Eligible employers are businesses and tax-exempt organizations with fewer than 500 employees that are required to provide emergency paid sick leave and emergency paid family and medical leave under the act. Eligible employers will be able to claim these credits based on qualifying leave they provide between

the effective date and Dec. 31, 2020. Equivalent credits are available to self-employed individuals based on similar circumstances.

## PAID LEAVE

The act provides that employees of eligible employers can receive two weeks (up to 80 hours) of paid sick leave at 100% of the employee's pay where the employee is unable to work because the employee is quarantined, and/or experiencing COVID-19 symptoms, and seeking a medical diagnosis. An employee who is unable to work because of a need to care for an individual subject to quarantine, to care for a child whose school is closed or child care provider is unavailable for reasons related to COVID-19, and/or the employee is experiencing substantially similar conditions as specified by the U.S. Department of Health and Human Services can receive two weeks (up to 80 hours) of paid sick leave at 2/3 the employee's pay. An employee who is unable to work due to a need to care for a child whose school is closed or child care provider is unavailable for reasons related to COVID-19, may in some instances receive up to an additional ten weeks of expanded paid family and medical leave at 2/3 the employee's pay.

## PAID SICK LEAVE CREDIT

For an employee who is unable to work because of coronavirus quarantine or self-quarantine or has coronavirus symptoms and is seeking a medical diagnosis, eligible employers may receive a refundable sick leave credit for sick leave at the employee's regular rate of pay, up to \$511 per day and \$5,110 in the aggregate, for a total of 10 days.

For an employee who is caring for someone with coronavirus, or is caring for a child because the child's school or child care facility is closed, or the child care provider is unavailable due to the coronavirus, eligible employers may claim a credit for two-thirds of the employee's regular rate of pay, up to \$200 per day and \$2,000 in the aggregate, for up to 10 days. Eligible employers are entitled to an additional tax credit determined based on costs to maintain health insurance coverage for the eligible employee during the leave period.

## CHILD CARE LEAVE CREDIT

In addition to the sick leave credit, for an employee who is unable to work because of a need to care for a child whose school or child-care facility is closed or whose child care provider is unavailable due to the coronavirus, eligible employers may receive a refundable child care leave credit. This credit is equal to two-thirds of the employee's regular pay, capped at \$200 per day or \$10,000 in the aggregate. Up to 10 weeks of qualifying leave can be counted towards the child-care leave credit. Eligible employers are entitled to an additional tax credit determined based on costs to maintain health insurance coverage for the eligible employee during the leave period.

## PAYMENT FOR THE COST OF PROVIDING LEAVE

When employers pay their employees, they are required to withhold from their employees' paychecks federal income taxes and the employees' share of Social Security and Medicare taxes. The employees then are required to deposit these federal taxes, along with their share of Social Security and Medicare taxes, with the IRS and file quarterly payroll tax returns (Form 941 series) with the IRS.

Under guidance that will be released next week, eligible employers who pay qualifying sick or child-care leave will be able to retain an amount of the payroll taxes equal to the amount of qualifying sick and child-care leave that they paid, rather than deposit them with the IRS.

The payroll taxes that are available for retention include withheld federal income taxes, the employee share of Social Security and Medicare taxes and the employer share of Social Security and Medicare taxes with respect to all employees.

If there are not sufficient payroll taxes to cover the cost of qualified sick and child care leave paid, employers will be able to file a request for an accelerated payment from the IRS. The IRS expects to process these requests in two weeks or less. The details of this new, expedited procedure will be announced next week.

## EXAMPLES

If an eligible employer paid \$5,000 in sick leave and is otherwise required to deposit \$8,000 in payroll taxes, including taxes withheld from all its employees, the employer could use up to \$5,000 of the \$8,000 of taxes it was going to deposit for making qualified leave payments. The employer would only be required under the law to deposit the remaining \$3,000 on its next regular deposit date.

If an eligible employer paid \$10,000 in sick leave and was required to deposit \$8,000 in taxes, the employer could use the entire \$8,000 of taxes in order to make qualified leave payments, and file a request for an accelerated credit for the remaining \$2,000.

Equivalent child-care leave and sick leave credit amounts are available to self-employed individuals under similar circumstances. These credits will be claimed on their income tax return and will reduce estimated tax payments.

## SMALL BUSINESS EXEMPTION

Small businesses with fewer than 50 employees will be eligible for an exemption from the leave requirements relating to school closings or child care unavailability where the requirements would jeopardize the ability of the business to continue. The exemption will be available on the basis of simple and clear criteria that make it available in circumstances involving jeopardy to the viability of an employer's business as a going concern.

The Department of Labor will provide emergency guidance and rulemaking to clearly articulate this standard.

## NON-ENFORCEMENT PERIOD

Department of Labor will be issuing a temporary non-enforcement policy that provides a period of time for employers to come into compliance with the act. Under this policy, Department of Labor will not bring an enforcement action against any employer for violations of the act so long as the employer has acted reasonably and in good faith to comply with the act. The Department of Labor will instead focus on compliance assistance during the 30-day period.

## FOR MORE INFORMATION

For more information about these credits and other relief, visit coronavirus on IRS.gov. Information regarding the process to receive an advance payment of the credit will be posted next week. (PR)

## 5 steps to wash the right way



By following some basic steps on the proper way to wash your hands, you can help reduce your risk and do your part to protect others, if your community is affected by the coronavirus.



• Wet your hands with clean running water (warm or cold), turn off the tap, and apply soap.



• Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.



• Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



• Rinse your hands well under clean running water.



• Dry your hands using a clean towel or air dry them.

## No sink? Use sanitizer

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Source: CDC  
Graphic: Staff, TNS



## MEAL DISTRIBUTION

Parents and their children line up at the Garapan Elementary School to pick up meals via drive-thru and walk-in during the first meal distribution last Wednesday of the Public School System Child Nutrition Program.

KIMBERLY BAUTISTA



# MHS Glee Club performs for over 1.9K kids in Guam

By **KIMBERLY A. BAUTISTA**  
kimberly\_bautista@saipantribune.com  
REPORTER

The Marianas High School Glee Club was able to perform for over 1,900 students in Guam following their Tumon Bay Music Festival performance last month.

In an interview with Harold Easton, MHS Glee Club director, he said the MHS Glee Club performed before 1,900 students from elementary and middle schools in Guam after the music festival, which was held on Feb. 27 to March 7.

At the festival itself, the MHS students received the "greatest compliment" from the event's organizer, Easton said. He said TBMF artistic director Joanne Matanane recognized the MHS Glee Club for raising the bar in the annual competition.

"We've become the team to beat. She is basically saying that our being there has made the choral presentations better all the way. We are thankful for that recognition," he said.

MHS Glee Club won the Sweepstakes Award at the year's Tumon Bay Music Festival in 2012, 2013, 2015, 2016, 2017, and 2018. This year, the glee club won gold at the festival. The MHS Glee Club won gold in the choir category and also received the Command Performance award for Bands and Orchestra.

Bonnie Gio Sagana, an MHS Glee Club member, won the gold in the small and solo

ensembles category, and was selected as one of the command performance singers.

Winning their first TBMF gold was Hopwood Middle School's HDMP "T-Woah" group's third time to partici-

pate in the competition. He said it was also their first time to be included among the command performance groups. However, he said, they were not able to perform

at Micronesia Mall because of scheduling issues. Saipan Community School's Ukulele Band took home silver during the music festival.

## Automatic one-month renewal for Medicaid beneficiaries

As a result of the government shutdown order, the CNMI State Medicaid Agency would like to inform all Medicaid beneficiaries of the automatic renewal extension for one month after expiration of coverage to avoid any

disruption in medical care for yourself and/or your family members.

This automatic renewal is valid for Medicaid cards that expired on March 13, 2020, and thereafter until such time the government resumes

normal operating hours. For example, if the Medicaid expires on March 13, 2020, the new expiration date will be on April 13, 2020.

Once the government resumes normal operating hours, visit the Medicaid office on

Capita Hill with the required documents and completed renewal forms.

Should you have any questions, call CNMI State Medicaid Agency director Helen C. Sablan at 285-4890. **(PR)**

## MCS transitions to online learning

By **KIMBERLY A. BAUTISTA**  
kimberly\_bautista@saipantribune.com  
REPORTER

Mount Carmel School has opted to transition to online learning instead of resuming physical classes as planned on March 30.

MCS announced that they will be transitioning to online learning temporarily come March 30 to ensure the safety of students, faculty, staff, and the community, in line with the CNMI's containment and mitigation efforts against the spread of the COVID-19.

Physical classes are now set to resume on April 13, but the date is tentative as the school continues to monitor data and information provided by CNMI public health officials.

MCS president Dr. Galvin Deleon Guerrero said that this provides a balance between the need for students to keep learning and the need to keep everyone safe.

"During this time of uncertainty, we need to ensure the certainty of continued learning and continued safety. Our teachers are ready and we look forward to reconnecting again with our students and their families," he said, adding that MCS teachers have been trained to transition to online teaching.

Additionally, students will also participate in live (synchronous) sessions by following Wednesday and Thursday block schedules. The other days of the week will be used for asynchronous learning.

To ensure that students have the materials they need to engage in online learning, families may go to MCS campus to their children's respective classrooms or lockers to pick up textbooks, personal items from lockers, and other resources.

However, MCS has prepared a schedule for families to come to campus. On Monday, March 30, 7:30am-9am is designated for K4 and 6th

grade; 9am-10:30am: K5 and 7th grade; 10:30am-12:noon for 1st grade and 8th grade; and 1pm-2:30pm for 2nd grade and 9th grade.

On Tuesday, March 31, 7:30am-9am is designated for 3rd grade and 10th grade; 9am-10:30am for 4th grade and 11th grade; and 10:30am to 12pm for 5th grade and seniors.

Homeroom teachers will be available to provide access to classrooms and lockers and school staff and administrators will be on hand to enforce social distancing measures.

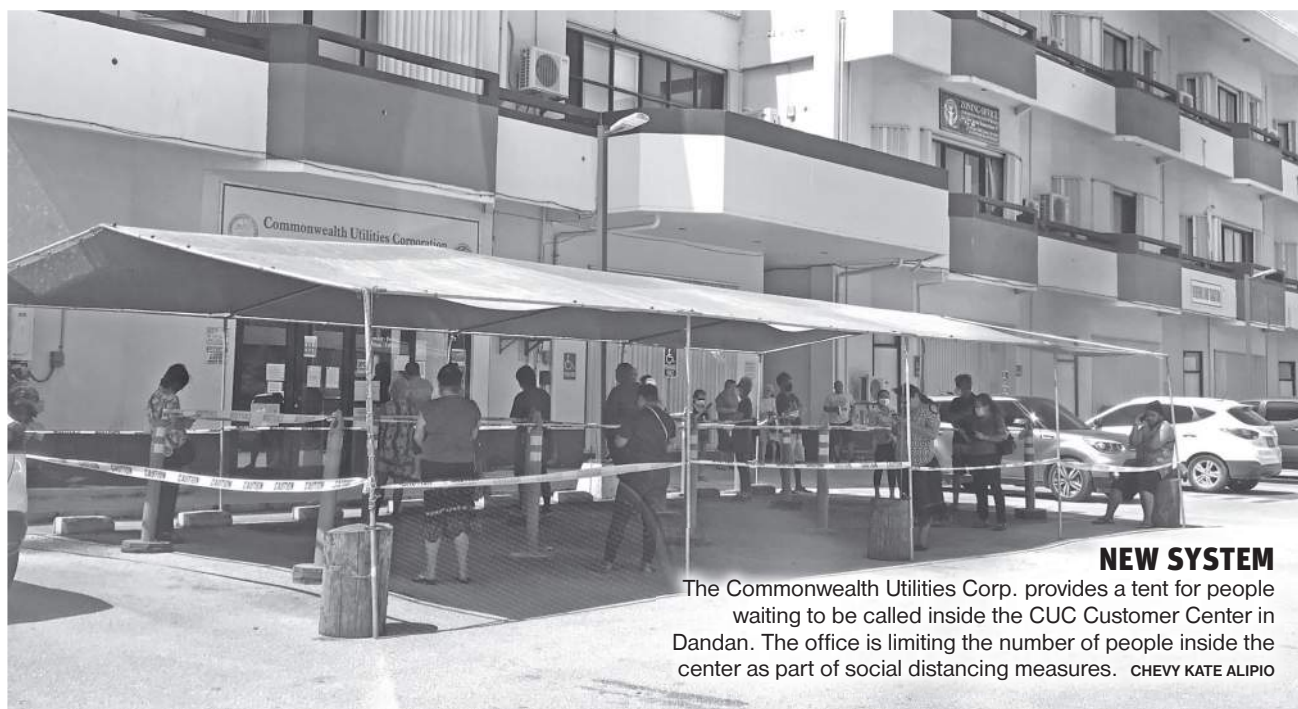
If a family wishes to pick up materials for students in multiple grade levels they may do so, as long they comply with social distancing protocols. If a family cannot make it to campus for either of these days, parents can contact mtcarmel-school.secretary@gmail.com to schedule an appointment.

MCS third-quarter report cards will be emailed on April 1. All assemblies and student activities are also suspended until further notice. However, MCS is exploring other options for major school events that were scheduled this year.

While the school is preparing for this transition, there will be glitches and challenges along the way. The staff and faculty ask for patience and understanding as the school does its best to ensure that students continue to learn.

Looking ahead, Deleon Guerrero reassured the school family and broader community with a video message posted on the school's Facebook page and YouTube channel. "With faith in God, hope for a better tomorrow, and love for each other, we will get through this together because we are 'Knight Strong.' We are 'Marianas Strong.'"

For detailed information, visit [www.mountcarmel-saipan.com](http://www.mountcarmel-saipan.com).



### NEW SYSTEM

The Commonwealth Utilities Corp. provides a tent for people waiting to be called inside the CUC Customer Center in Dandan. The office is limiting the number of people inside the center as part of social distancing measures. **CHEVY KATE ALIPIO**

## Guam hospital suspends viewing of deceased loved ones

The Guam Memorial Hospital Authority is suspending viewing of deceased loved ones effective immediately.

This action was taken in response to the COVID-19 pandemic as part of Gov. Lou Leon Guerrero's social distancing directive and in line with efforts to prevent further spread of the virus.

"The GMHA is very sympathetic to family members who wish to see their loved ones and will work to coordi-

nate transfer of the deceased to funeral homes as quickly as possible," said a GMHA statement yesterday.

This comes as the Guam Department of Public Health and Social Services tested 37 individuals for COVID-19 on Wednesday, March 25, 2020. Five tested positive and 32 tested negative.

### Tele-counseling

The Guam Behavioral Health and Wellness Center has

launched telehealth counseling services for medical professionals, frontline workers, and first responders during this pandemic.

Telehealth services will include the use of video conferencing and telephone support for individual and/or group sessions. Dr. Mary Fegurgur, a licensed clinical psychologist with training/certification in telehealth, will provide individual/group sessions from Monday through Friday, from

1pm to 4pm and other times, as requested. Telehealth sessions are completely confidential. Appointments can be scheduled directly by contacting:

■ Dr. Mary Fegurgur at 483-4278 or

■ Theresa Arriola at 482-9231. GBHWC Crisis Hotline continues to be available 24/7 at 647-8833. GBHWC continues to provide services Monday-Friday 8am to 5pm with 100% health check screening in effect. **(PR)**

### ISLAND LIFE

KIMBERLY BAUTISTA

Despite the economic crisis the CNMI is facing as a result of the COVID-19 outbreak worldwide, people continue to visit Saipan's famed beaches while practicing social distancing.





# Opinion

Hafa Adai!

## Saipan Tribune

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Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

**Jayvee L. Vallejera** EDITOR  
editor@saipantribune.com

**Mark Rabago** ASSOCIATE EDITOR  
mark\_rabago@saipantribune.com

MEMBER

AP The Associated Press

Pacific Islands News Association

### EDITORIAL

## COVID-19 has postponed the 2020 Tokyo Olympics, but it can't conquer the Olympic spirit

After announcing that the Tokyo 2020 Olympic Games and Paralympic Games would be postponed due to the coronavirus pandemic, International Olympic Committee President Thomas Bach expressed his hope that both events can be held next summer at the same venues and that they will be “a celebration of humanity, for having overcome this unprecedented crisis of the COVID-19 pandemic.”

In this time of global uncertainty and insecurity, we can't think of a better goal to aim for or a better symbol than the Olympic rings of how, together, the world can come together to rein in and then stamp out this pandemic.

The five interlocking Olympic rings represent the landmasses of Europe, Asia, Africa, the Americas and Oceania; and their blue, yellow, black and green colors, together with the white of the flag they first appeared on in 1913, comprise the colors of every competing nation's flag at the time.

The Olympic rings and flag were designed by Pierre de Coubertin, founder of the International Olympic Committee, and were meant to, as he put it, represent “the five inhabited continents of the world, united by Olympism.” Coubertin, a French historian and educator, also proposed the Olympic motto—Citius, Altius, Fortius (Latin for Faster, Higher, Stronger), officially adopted in 1924.

We offer this brief history lesson because the Olympic spirit is crucial to overcoming the coronavirus. As with the Olympic rings, the 195 countries of this world are interconnected and must cooperate as never before to stop the spread of COVID-19, hopefully with effective antiviral treatments and eventually a vaccine.

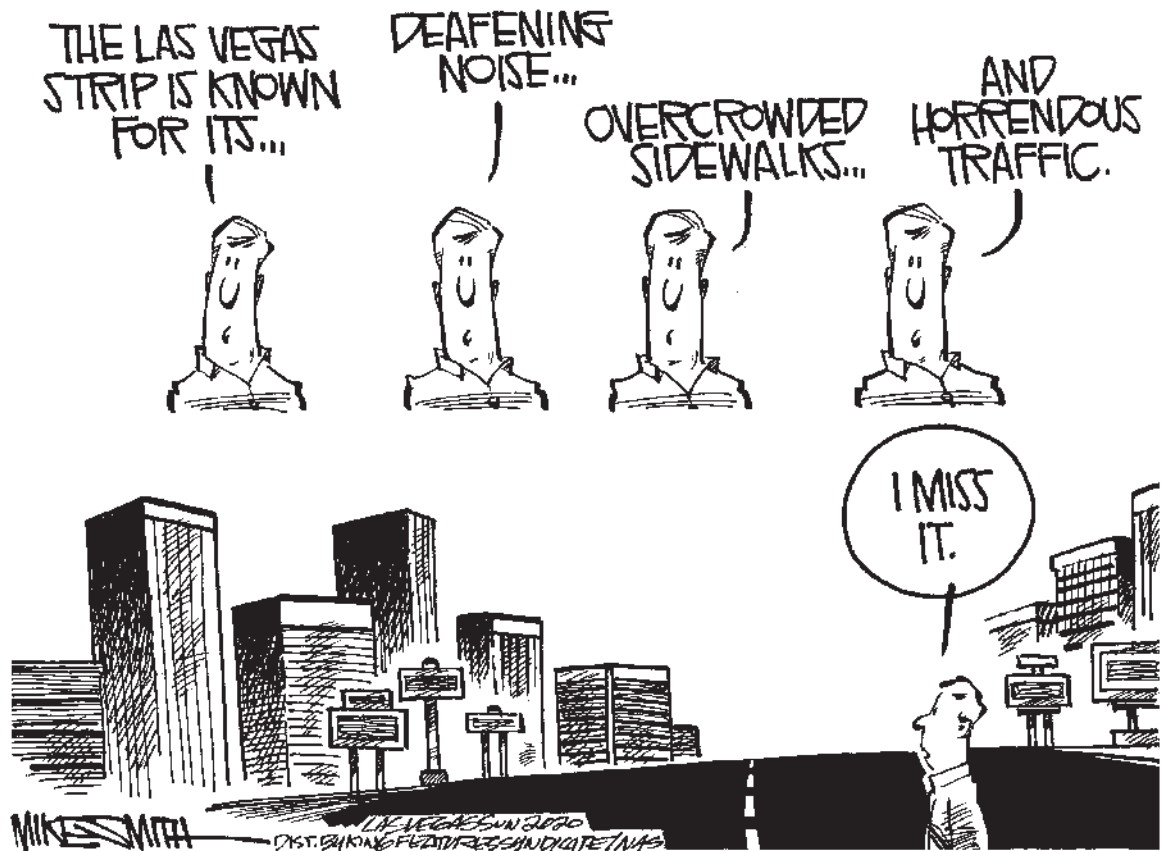
As for the host country, Japan, it was inevitable that after the World Health Organization's March 10 categorization of the rapid spread of COVID-19 as an official pandemic, authorities there could not risk allowing many thousands of athletes, spectators and media personnel into the country.

Hosting the Olympics is always a risky proposition, but this (hopefully) one-year delay will present many challenges for an already struggling Japanese economy. It's also heart-breaking for the Japanese people who planned for years and prided themselves on welcoming the world.

But the postponement is undoubtedly most heartbreaking for the thousands of athletes who train for a specific point in time, hoping to peak at the Olympics. This includes the participants in the Paralympics, which has grown from 400 athletes from around the world competing in 1960 to more than 4,300 in 2016. Many of these athletes are veterans. At the 2016 Summer Paralympics in Rio de Janeiro, for example, 35 of the 289 athletes on Team USA were either military veterans or active duty personnel, some wounded in Iraq and Afghanistan.

There's no doubt that a one-year postponement will send shock waves through the global sporting community, dashing some Olympians' hopes while boosting others' chances.

**See COVID-19 on next page**



## While US plays blame game, China shows leadership

“Never let a serious crisis go to waste,” Rahm Emanuel advised in the midst of the 2008 financial meltdown. It's advice that China appears to have taken to heart. For as the world grapples with how to control a pandemic that has now spread to 175 nations, infected hundreds of thousands and killed more than 20,000 people, China is asserting itself as the global savior that will lead the world out of this crisis.

It takes a good deal of chutzpah for Beijing to claim the mantle of global leadership in dealing with this once-in-a-lifetime calamity. Not only did the pandemic originate in the heart of China itself, but for weeks after signs of the disease first emerged, the country's leaders obfuscated and then delayed needed action that might have controlled the outbreak before it spread far and wide.

Yet, once Chinese leaders acknowledged the extent of the crisis, the nation sprang into action. It locked down Hubei province and its capital Wuhan, the epicenter of the disease, and curtailed the movements of more than half its 1.4 billion people. Extensive testing, forced isolation of those who were positive and tracing everyone who had been in contact with those infected seems to have brought the epidemic under control.

Even as countries around the world are moving to lock down their own populations, China is easing travel restrictions and restarting its economy. The disease may flare up again as the nation returns to normal after having been shut down for two months, but for now it appears contained.

Ignoring its responsibility for starting the pandemic, Beijing has trumpeted its response as a model for others to follow. “China's signature strength, efficiency and speed in this fight has been widely acclaimed,” Foreign Minister Wang Yi boasted in early March. “And the institutional advantage of China's governance is for all to see.”

With the disease contained at home, China is now reaching out across the world to help those most in need. Last week, it sent millions of face masks, thousands of ventilators and hundreds of doctors to Italy—a country where already twice as many people have succumbed to the diseases as in all of China. And it has spread its largesse throughout the European continent, which is now the epicenter of the pandemic.

But Beijing isn't just interested in being a good Samaritan. President Xi Jinping has declared the opening of a new “Health Silk Road,” where China would supply countries across the world with the medical equipment and assistance needed to combat the disease. It's an extension of Xi's Belt and Road Initiative, which has helped built much-needed infrastructure throughout much of the world and extended Beijing's global influence and control.

Given the desperate situation in which so many countries find themselves, leaders around the world have reacted with gratitude

**By IVO DAALDER**  
Chicago Tribune

*Ivo Daalder is president of the Chicago Council on Global Affairs and a former U.S. ambassador to NATO.*



and appreciation for China's aid and assistance. “We're grateful for China's support,” EU Commission President Ursula von der Leyen tweeted last week to thank Beijing for the 2 million surgical masks, 200,000 N95 masks and 50,000 testing kits it was sending to Europe.

“If somebody is worried China is doing too much,” an Italian official told the New York Times when asked whether he was concerned about the geopolitical implications of Chinese aid, then they should step in. “The gap is open to other countries. This is what other countries should do.”

And there's the rub. For in years past there would have been another country that would have taken the lead in addressing this global, humanitarian crisis. When a tsunami hit Southeast Asia in 2004, killing over 200,000, the United States led the effort to alleviate the suffering. When the financial crisis erupted across the globe in 2008, the United States led the effort to bring the 20 largest economies together to develop a cooperative response. And when the deadly Ebola epidemic exploded in West Africa in 2014, the United States led a global coalition to eradicate the disease.

Today, that U.S. leadership is notable only for its absence. There has been little attempt by Washington to coordinate a global response. As is his wont, President Donald Trump has preferred unilateral steps—like instituting travel bans without consultations—and largely ignored the international institutions that exist to coordinate global action.

Indeed, rather than trying to work through the United Nations Security Council and the G-7 and G-20 groupings of major countries to drive a coordinated response, the administration has stymied actions in these forums by insisting that countries refer to the “Wuhan virus” as the cause of the pandemic. The blame game is apparently to Washington more important than leading the world toward collective action.

China is eagerly stepping into the void created by America's abdication of global leadership. It has long looked for an opportunity to do so. And what may be the ultimate irony, China may now succeed in becoming a global leader because of the very crisis its earlier failures helped produce.



**EDITORIAL POLICY**

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## Stiffed by the Senate stimulus: The surprising group left out of the coronavirus rescue bill

The \$2 trillion stimulus package passed by the Senate Wednesday night provides enormous loans to airlines and other businesses as well as rebates of \$1,200 to most low- and middle-income U.S. adults. But the legislation bars an important group from receiving rebates: elderly and disabled adults who are financially dependent on family members. The result is that the largest aid package in U.S. history—intended to afford relief from the consequences of COVID-19—gives nothing at all to millions of people in the population segment most vulnerable to the novel coronavirus.

Throughout the debate over the bailout bill, senators offered no explanation for this striking omission. The cost of extending rebates to elderly and disabled dependents would have been well less than 1% of the package's total price tag. But even while they allowed up to \$50 billion for airlines and a \$17 billion set-aside reportedly written for Boeing, senators refused to provide a dime in direct aid to elderly and disabled individuals who rely financially on family members.

There is, to be sure, much to praise in the package. The bill boosts benefits for workers who are on sick leave or have lost their jobs. It offers additional support to hospitals and ensures free COVID-19 tests for Americans who have private health insurance—provided that they find a way to get the test. And it will give rebates of \$1,200 for most U.S. adults with income below \$75,000 (or double that for most married couples). But another 12 million Americans—including approximately 4 million seniors who are financially reliant on their grown-up children, and

other disabled adults who depend for support on relatives—will receive nothing.

Some of these elderly and disabled adults recently relocated from assisted living facilities to family members' homes out of fear of contracting COVID-19. Some will face additional out-of-pocket medical costs if and when they become ill. Many are losing access to a variety of services due to social distancing measures and are becoming increasingly reliant on relatives for care. And for the families in which these individuals live, the presence of an additional dependent means an additional mouth to feed at a time when income streams are drying up.

The provision that excludes elderly and disabled dependents from aid is tucked away on page 146 of the 880-page bill. It stipulates—through a chain of cross-references—that adults will be ineligible for any rebate if they could be considered the “dependent” of another taxpayer. The term “dependent” includes an individual who earns less than \$4,300 per year in non-Social Security income and who relies on a relative for more than half of his or her financial support. (An adult who lives with and financially relies upon a non-family member also will qualify as a “dependent” if his or her own non-Social Security income falls below the \$4,300 threshold.)

The exclusion of elderly and disabled dependents from the COVID-19 relief package was initially so surprising that it seemed like it might have been a scrivener's error. The relevant language is copied from other parts of the code where the explicit exclusion of dependents is necessary to prevent taxpayers from claiming a double-benefit. But no such rationale applies

By **DANIEL HEMEL**

New York Daily News

*Daniel Hemel is an assistant professor at the University of Chicago Law School.*



here; adult dependents aren't eligible for rebates themselves, and their family members can't claim rebates on their behalf. And over the past several days, as the same language reappeared in successive drafts, it became increasingly apparent that the exclusion was not a drafting mistake.

Elderly and disabled individuals aren't the only ones who receive short shrift in the Senate package. For children who are 16 and under, the rebate is reduced from \$1,200 to \$500. For most 17-year-olds and 18-year-olds, the bill gives zero dollars to the teen and zero dollars to the teen's parents on his or her behalf. The package also excludes some full-time college students between the ages of 19 and 24.

But the total exclusion of elderly and disabled dependents is uniquely objectionable. The bill is titled “the CARES Act”—CARES being an acronym for “Coronavirus Aid, Relief, and Economic Security”—but senators have shown little care for those who now need our help the most.

## Without sports because of coronavirus, can fans live on bread alone?

In this time of self-isolation during the coronavirus pandemic, can we live on bread alone, without any sports to spread on it?

All sporting events have been shut down. And I'm going crazy. Because without sports, it's impossible for me to find that refuge far from people bickering and barking and picking at each other over politics.

My refuge is sports and sports talk radio, where people bicker and bark and pick at each other over sports, and call each other foolish for uttering an idea that challenges their worldview. Hearing talk show hosts insult their listeners over Michael vs. LeBron is idiotic indeed.

But somehow it soothes me.

And now without real sports to talk about, real games, real play-offs, it's difficult to listen to. I can only go about five minutes hearing the hand-wringing about the Chicago Bears quarterback soap opera between Mitchell Trubisky and Nick Foles before I give up.

I just switch and go to political talk, where they're bickering about coronavirus politics and who's the GPOAT, Greatest Politician Of All Time. It's got to be Julius Caesar, but like many politicians, he was betrayed by his friends in the end.

I already get enough of that through work. Eventually, you reach a saturation point. And I think I've overdosed on coronavirus politics and am about to break out in hives.

Or, perhaps I'm getting scurvy, which is what pirates suffered from not eating enough lemons, or was that potatoes? Who cares? Who gives two figs?

Without sports, and sports talk, are we entertained? No. And isn't lowbrow entertainment necessary for a well-ordered society? The Romans understood the truth of it. They had gladiators.

“You listen to sports talk?” asked a former English major with one of those self-satisfied intellectual scoffs in his voice, revealing a hidden elitist nature.

Yes, as a matter of fact, I do.

We all have our fetishes. The poor fellow mocking me about listening to sports talk once foolishly let it slip that he secretly watches “Father Brown” on PBS. He made a big mistake, letting that one out. I think he knows it now.

I am not mocking the good “Father Brown” or the gentle people who watch it, with their tea and scones. It might be quite entertaining, as the adventures of any gentle, elderly vicar in the English countryside in the PBS universe might be entertaining.

It would be really entertaining if it were written by Thackeray or Fielding, and was dripping with sarcasm, with sex and oyster references, and violent revenge over bad gambling debts or the questionable parentage of what we once called “foundlings.” That might be of interest.

But it can't match the pain of missing opening day at Soldier Field for the beloved Chicago Fire. Or watching that kid Luis Robert learning to play Major League center field for the White Sox. Yet now, I see headlines about the groundskeeper at Sox Park, “The Sodfather,” and I skip them. It hurts to read.

Call me weird, but I'd rather watch sports than “Downton Abbey” or “The Queen.” Not that you can't do both. Go right ahead. You can care about mixed martial arts and also love PBS series about what English people did in the last century, when the classes were strictly defined and the middle class was repressed and the rich were so bored that they succumbed to the addiction of their self-indulgent private intrigues.

Go right ahead, I won't judge you.

Odd thing is that there are no radio talk shows to hear arguments about what's on PBS, dammit. That's what we need now, another government-funded radio program with a huge production staff, and programming about “Father Brown,” and inviting callers to ask indelicate questions about the fictional characters.

Without sports, I just might have to dabble in ancient technology and try something called “books on paper.”

I tried to watch replays of the greatest games of all time. But

By **JOHN KASS**

Chicago Tribune

*John Kass is a columnist for the Chicago Tribune. Readers may send him email at [jskass@chicagotribune.com](mailto:jskass@chicagotribune.com)*



that lasted only a few days. If you're a sports fan, you know how it ends. And you can only watch so many “30 for 30” ESPN documentaries on sports. I'd recommend “The Two Escobars” about life-and-death soccer in the Colombia of the drug lords; and the one about Cubs fan Steve Bartman in which a devilishly attractive, mild-mannered columnist for a great American newspaper apologizes to Bartman for what happened on that night Cubs fans won't forget.

But I know how that one ends too.

Where's Joe Buck?

Or true soccer men like Arlo White, Jon Champion, Lee Dixon or Taylor Twellman? Can we live without the word of Troy Aikman? Dan Patrick, Joe Tessitore or Booger McFarland? What about Alex Rodriguez?

OK, I just went overboard. We can all live without A-Rod.

If teams aren't involved, teams of highly specialized savants of their game, is it sport? I'm told that the new modern Americans enjoy sports where they do things on their own, like running.

But can you enjoy watching people run on TV while sitting in a leather chair with a cigar and an 18-year-old Glenmorangie? Can you listen to sports talk shows devoted to runners while driving your car and giving a moutza to idiotic comments?

Perhaps. Me? I'll wait like an angry barnacle on a ledge to hear those magic words, “Play ball.”

## COVID-19

From Page 8

What the rest of the world should do now is vow to attend and support the Tokyo Olympics whenever the pandemic subsides.






We need the Olympics, and the Olympics needs us, now more than ever. The modern Olympic Games represent the best of what humanity was in the 20th century, and the best of what it can be in the 21st century. Higher, Faster, Stronger, indeed. But also: Unity, Cooperation, Respect.

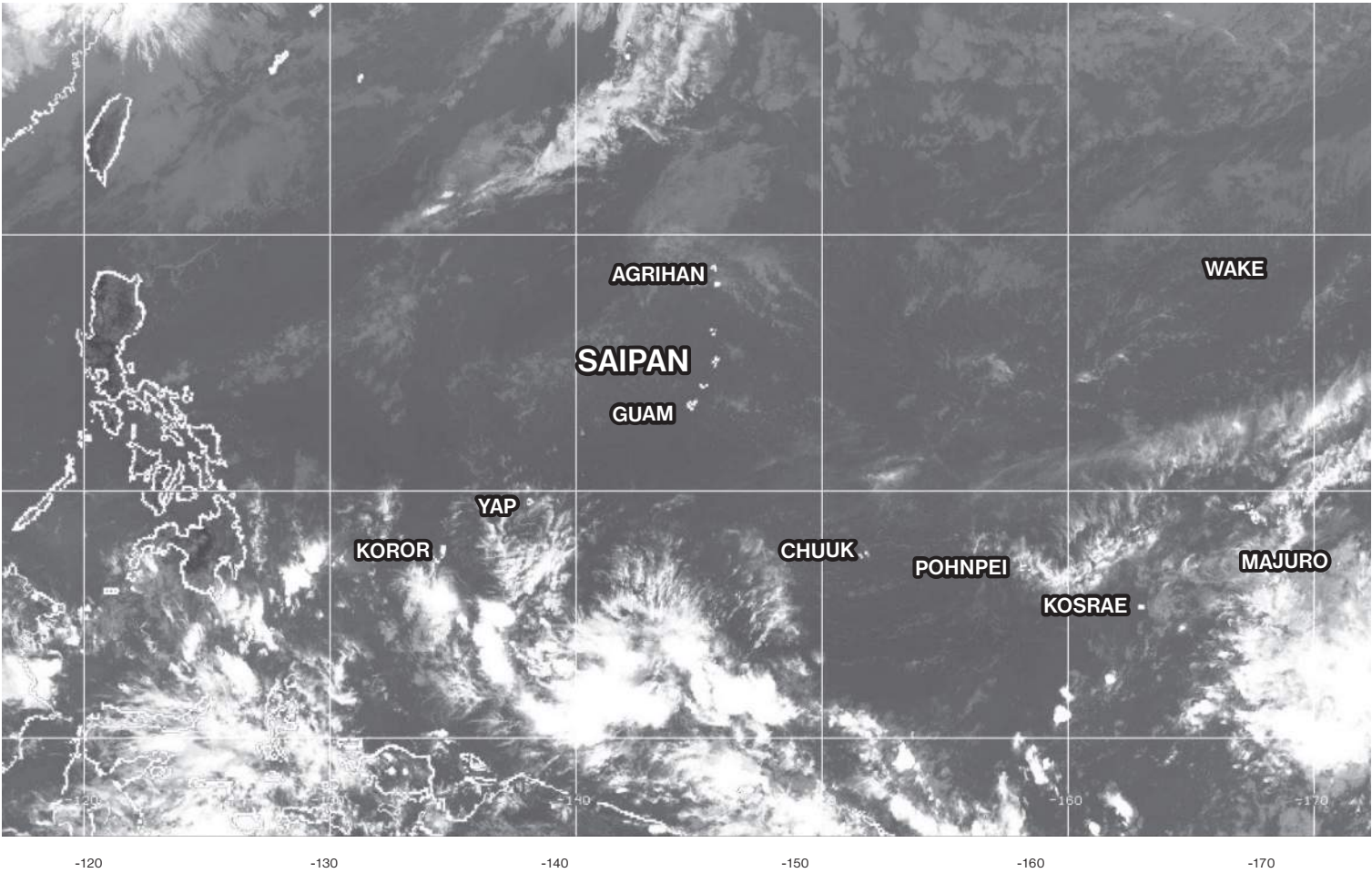
As our international community confronts and bravely fights

the common enemy of COVID-19, we would do well to remember the words spoken by the IOC president at the opening of the 2018 Winter Olympics: “United in our diversity, we are stronger than all the forces that want to divide us.”



# The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN									
TODAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
Mostly cloudy with isolated showers.		Mostly cloudy with isolated showers.		Partly cloudy with isolated light showers.		Partly cloudy with isolated light showers.		Partly cloudy with isolated light showers.	
86°	78°	86°	78°	80°	70°	80°	70°	80°	70°
YESTERDAY'S SATELLITE IMAGE									



**PICTURE TIME: 6:17 AM, SUNDAY, MARCH 29, 2020**  
Western North Pacific between equator and 25N from 130E to 180.

Morning satellite imagery shows partly sunny skies and just isolated showers. Cloud cover is denser over the far northern Marianas, near Pagan and Agrihan, but over the forecast zones it is around 50%. The buoys reveal combined seas of 6 to 8 feet composed of swells ranging from northeast to east.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: [www.prh.noaa.gov/guam/](http://www.prh.noaa.gov/guam/)

MICRONESIA ▲ ▼ °F		
Guam and Rota	Thunderstorms	86° / 77°
Palau	Thunderstorms	86° / 79°
Yap	Partly Cloudy	87° / 80°
Chuuk	Thunderstorms	87° / 81°
Pohnpei	Windy	85° / 80°
Kosrae	Windy	85° / 80°
Majuro	Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:13 AM	6:29 PM
Tuesday	6:13 AM	6:29 PM
Wednesday	6:12 AM	6:29 PM
Thursday	6:11 AM	6:29 PM
Friday	6:11 AM	6:29 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	10:03 AM	11:37 PM	-
Tuesay	10:51 AM	-	-
Wednesday	-	12:11 PM	-
Thursday	-	1:06 PM	-
Friday	-	2:01 PM	-

AROUND THE GLOBE ▲ ▼ °F			
Auckland	Sunny	72° / 59°	
Beijing	Sunny	72° / 39°	
Hong Kong	Showers	79° / 72°	
Honolulu	Showers	80° / 69°	
London	Mostly Sunny	52° / 37°	
Los Angeles	Sunny	72° / 55°	
Manila	Sunny	97° / 79°	
Melbourne	Partly Cloudy	72° / 54°	
Miami	Sunny	81° / 73°	
New York	Rain	59° / 42°	
Osaka	Rain	66° / 57°	
Paris	Mostly Sunny	50° / 36°	
Busan	Cloudy	63° / 48°	
Rome	Showers	63° / 45°	
Salem	Partly Cloudy	79° / 59°	
San Francisco	Sunny	58° / 50°	
Seoul	Partly Cloudy	64° / 41°	
Tokyo	Rain	63° / 52°	
Washington, DC	Mostly Cloudy	70° / 45°	

TIDES: SAIPAN HARBOR TODAY FEET		
5:19 AM	LOW TIDE	1.02
10:29 AM	HIGH TIDE	1.63
5:46 PM	LOW TIDE	0.11
-	-	-

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### NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- \*11 on any IT&E cellular phone
- Log on to the internet at [www.nmicrimestoppers.net](http://www.nmicrimestoppers.net)

FLIGHT SCHEDULE AS OF MARCH 26, 2020			
DEPARTURES			
SAIPAN-GUAM (GUM)			
UA117	9:15am	9:55am	1, 4, 6, 7
ARRIVALS			
GUAM (GUM)-SAIPAN			
UA174	7:30am	8:11am	1, 4, 6, 7
LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. <i>(The Saipan Tribune is not responsible for any changes in the schedule.)</i>			

STAR MARIANAS AIR, INC.			
SAIPAN TO ROTA			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	7:30AM	8:00AM	Daily
1302	11:30AM	12:00PM	Daily
1303	4:00PM	4:30PM	Daily
ROTA TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	8:15AM	8:45AM	Daily
3102	1:45PM	2:15PM	Daily
3103	4:45PM	5:15PM	Daily
ROTA TO GUAM			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15PM	12:45PM	Daily
GUAM TO ROTA			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	1:00PM	1:30PM	Daily

SAIPAN TO TINIAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00AM	7:15AM	Daily
1202	8:00AM	8:15AM	Daily
1203	9:00AM	9:15AM	Daily
1204	10:00AM	10:15AM	Daily
1205	11:00AM	11:15AM	Daily
1206	12:00PM	12:15PM	Daily
1207	1:00PM	1:15PM	Daily
1208	2:00PM	2:15PM	Daily
1209	3:00PM	3:15PM	Daily
1210	4:00PM	4:15PM	Daily
1211	5:00PM	5:15PM	Daily
1212	6:00PM	6:15PM	Daily

TINIAN TO SAIPAN			
FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2102	7:30AM	7:45AM	Daily
2103	8:30AM	8:45AM	Daily
2104	9:30AM	9:45AM	Daily
2105	10:30AM	10:45AM	Daily
2106	11:30AM	11:45AM	Daily
2107	12:30PM	12:45PM	Daily
2108	1:30PM	1:45PM	Daily
2109	2:30PM	2:45PM	Daily
2110	3:30PM	3:45PM	Daily
2111	4:30PM	4:45PM	Daily
2112	5:30PM	5:45PM	Daily
2113	6:30PM	6:45PM	Daily



# Probable cause found for mechanic's lien against IPI

» Bench trial set for June 24, 2020

By **FERDIE DE LA TORRE**  
ferdie\_delatorre@saipantribune.com  
REPORTER

U.S. District Court for the NMI Chief Judge Ramona V. Manglona ruled Friday that a former contractor of Imperial Pacific International (CNMI) LLC has satisfied its burden of establishing probable cause to attach a mechanic's lien to IPI's interests on its casino/resort project in Garapan.

A mechanic's lien refers to a security interest in the title to property for the benefit of those who have supplied labor or materials that improve the property.

Manglona made the ruling during the continuation of the hearing on U.S.A. Fanter Corp.'s application for mechanic's lien Friday. The hearing was done through telephone and video conference due to the court's temporary closure because of the COVID-19 outbreak.

Manglona set the bench trial for June 24, 2020.

IPI, through counsel Joseph Horey, called to the stand its witness, Tsai Tsunglun, who is an engineer. Colin Thompson argued as counsel for U.S.A. Fanter.

The first hearing on the application for mechanic's lien was held last March 5 and continued Friday.

At the March 5 hearing, Thompson



Manglona



Thompson



Horey

son presented two witnesses, Antonio Muña and Guo Cao Qian. Muña is general consultant of U.S.A. Fanter. Qian owns the company.

U.S.A. Fanter is suing IPI for breach of construction contract and unjust enrichment for allegedly refusing to pay \$2,089,345 over landscaping improvements for IPI's hotel-casino project.

U.S.A. Fanter asked the court to hold

IPI liable to pay \$2.08 million in contract damages. The company also sought payment for interest and attorney's fees. The plaintiff asked the court to attach a mechanic's lien to IPI's interests in the real property on the project.

IPI, through Horey, asked the court to dismiss the complaint or, in the alternative, suspend the proceedings pending mediation. Horey argued that U.S.A. Fanter has not complied with the mandatory mediation clause.

Thompson stated in the complaint that, despite repeated demands by U.S.A. Fanter for IPI to pay all amounts due and owing for work performed, IPI has failed to do so. Thompson said that last Dec. 29, 2019, U.S.A. Fanter demanded to

mediate their claims, but IPI refused.

Another former IPI contractor, Pacific Rim Land Development LLC, also filed an application for a mechanic's lien on IPI's hotel-casino project and on the land that it sits on.

Pacific Rim, through Thompson, is suing IPI and five unnamed alleged co-conspirators for breach of contract (construction and promissory note), and unjust enrichment.

Thompson said the unpaid amount that is owed Pacific Rim is \$5.65 million, but it wants to collect from IPI approximately \$10 million in damages that would be proven at trial.

The court then consolidated Pacific Rim's lawsuit and its application for a mechanic's lien. The case is pending in court.

## Telesource's Tinian power plant contract expires tomorrow

By **FERDIE DE LA TORRE**  
ferdie\_delatorre@saipantribune.com  
REPORTER

Telesource CNMI Inc.'s contract with the Commonwealth Utilities Corp. that started in 1997 to build and operate a power plant on Tinian is expiring tomorrow, Tuesday, and the company wants to continue its Tinian operation, according to CUC executive director Gary P. Camacho last Wednesday.

However, Camacho said Telesource must participate in a competitive process to continue operating the island's 20-megawatt diesel power plant.

Tinian's power plant generates an averages of 1.9 megawatt per day.

Camacho said they are working with Telesource and hoping to have a meeting with the company this week if they are available. "We'll see exactly where we're going. But we're prepared to do what we need to do at the end of that meeting," he said.

The executive director said CUC could issue a request for proposals, but that there are some things that they would like to get addressed under this current contract with Telesource. He said there are some pending requirements under the existing contract

that Telesource is responsible for. "We're trying to address that and work with them, and seeing how we can do that," Camacho said, adding that that CUC is working closely with the Office of the Attorney General in addressing some of those pending issues on the existing contract. He did not discuss what those pending issues are.

He said Telesource is currently still operating the power plant as April is officially the transition period.

"But, again, we're meeting on how we can address these pending issues on the existing contract. So there are some things that we have to clarify. And, again, we're working closely with the OAG on it," he said.

Last January, Camacho disclosed that the CUC management wants to have a 20-year program with a contractor.

CUC legal counsel assistant attorney general Jose Mafnas Jr. earlier stated that there is going to be an invitation for bid for vendors.

The current \$21.6-million contract started in September 1997.

Progress is slowly developing on the island again such as new businesses downtown, new homesteads under consideration, and the military diversion and training project.

## Falling fuel prices prompt FAC decrease

The Commonwealth Utilities Corp. announced Friday that the Fuel Adjustment Charge will be decreased to \$0.11885 per kilowatt-hour effective April 1, 2020.

CUC has been notified by Mobil Oil Mariana Islands, Inc. that there has been a decrease in the average international fuel prices, which will affect the FAC. As a result, the current FAC rate of \$0.16635 per kWh will decrease to \$0.11885 per kWh. Residential customers who use 500 kWh of power per month will pay approximately \$23.75 less in their monthly billing.

The FAC is one of two components that make up the CUC electric kWh Rate, which is used to purchase fuel. The second component is the CUC base rate, which is used to fund operations, projects, and debt service. This base rate has not been increased since April 17, 2014.

CUC is required, pursuant to an order previously issued by the Commonwealth Public Utilities Commission to adjust (up or down) the FAC pass-through rate when the Mean of Platts Singapore monthly pricing equals or exceeds a 4.5% differential of the aver-

age per gallon cost of fuel used in the calculation of the current FAC rate.

CUC first instituted the levelized energy adjustment clause in 2009 to recover fuel and fuel related costs, a system also used by power providers in Guam and the Virgin Islands. In May 2015, the CPUC authorized CUC to change the name of LEAC to FAC to provide customers a more accurate description of the electric rate.

Although the FAC rate has been decreased, CUC encourages its consumers to practice energy conservation. (PR)

## Indigent program available for the uninsured through 340B program



The newly-opened PHI Pharmacy in Kagman.

CONTRIBUTED PHOTO

give you one of our indigent Care Cards to take to one of our contract pharmacies. Currently, we are only contracted with PHI Pharmacy so you can fill it at either of their pharmacy locations.

This indigent program is available to all people who do not have prescription coverage. You do not need to live in Kagman to participate in this program. This program pays for many expensive brand name prescription medications.

### New Kagman Pharmacy

PHI Pharmacy is pleased to announce the opening of our Kagman Pharmacy. It is located in the Kagman Commercial Building at the bottom of Kagman Road, right before you turn by Laolao Bay Golf Course. We have a licensed pharmacist available to help answer your prescription and healthcare questions. You can reach us at 256-0131 or 256-0132. We are not affected by the recent hour restrictions and are open normal hours, Monday through Friday from 8am to 6pm at both locations, Saturday and Sunday from 8am to 4pm at Dandan only. Visit us on our Facebook page at [www.facebook.com/phipharma](https://www.facebook.com/phipharma) for latest information on sales and health information.

KCHC is a federally qualified health center that serves all patients regardless of inability to pay. To make an appointment to be seen or to get information, call 256-KCHC (5242). (PR)

## USCIS applicants advised to gather docs in the meantime

By **FERDIE DE LA TORRE**  
ferdie\_delatorre@saipantribune.com  
REPORTER

With U.S. Citizenship and Immigration Services offices temporarily closed until April 7 due to the COVID-19 pandemic, it is advising applicants to start gathering documents such as birth certificates that they may need if they are preparing to file for immigration benefits.

USCIS public affairs Claire K. Nicholson said Friday that, while USCIS offices remain closed to limit coronavirus exposure risk to employees and applicants, gathering documents is among the five things that applicants can do now.

In an email to *Saipan Tribune*, Nicholson said that applicants can also ask Emma, USCIS' online virtual assistant, which is available 24 hours a day to answer questions

about immigration procedures and processes.

She said applicants can create a USCIS account, which is free and easy.

"It allows you to file online, track your case, and communicate electronically with USCIS," she said.

Nicholson said applicants can update their address with USCIS to ensure they receive documents and notifications.

Finally, she said, applicants can consider online filing.

She said there are eight applications currently available, such as the application to naturalize, petition for a family member, and replace a green card.

Nicholson said individuals needing assistance with an immediate immigration need should call the USCIS Contact Center toll-free 1-800-375-5283 or 1-800-767-1833 (TDD) or visit the USCIS Contact Us page.

The Kagman Community Health Center, in partnership with Pacific Health Inc., which runs PHI Pharmacy, has announced that they can now take care of the indigent community's prescription needs under the 340B program, the first available for an outpatient clinic setting in the CNMI.

Established under Section 340B of the Public Health Service Act, the 340B program requires pharmaceutical manufacturers participating in government programs to sell drugs at discounted prices to federally qualified health centers such as KCHC that care for many low-income and uninsured patients in rural communities.

### How does this program work?

A very important aspect of this program is that it does not require any grants, money from the government, or taxpayer dollars. The program

funds itself through prescriptions filled by insured patients at any of the contract pharmacies. The savings that are accumulated by this program get redistributed to cover prescriptions for the indigent and uninsured patients.

### How can you contribute to our uninsured family and friends?

If you have insurance, including Medicaid, when you see a provider at the Kagman clinic and fill those prescriptions at any of the contract pharmacies, the savings from your prescriptions will help to fund those who do not have insurance.

### How can this program help me?

If you do not currently have insurance, all you have to do is see one of our providers here at Kagman Community Health Center and we will



# Business

## TO ENCOURAGE RESIDENTS TO STAY HOME IT&E launches Instagram contest

IT&E announced it is giving away three new Samsung phones—each with 1 year of free Unlimited 4G LTE data, talk and text—in the IT&E Stay Home Challenge. Residents can enter to win by posting a photo or short video that shows how they are passing the time while they are social distancing by staying at home.

“We understand that having to stay home and avoid gatherings can be difficult, though it is necessary to help flatten the curve of the spread of COVID-19. The IT&E Stay Home Challenge provides a creative outlet for anyone who might be bored or is uncomfortable with this limit-

ing lifestyle, and allows us to support each other. Most importantly we want to encourage everyone to stay home, be healthy and be safe,” said IT&E CEO Jim Oehlerking.

### CONTEST DETAILS

**Entry period:** Sunday, March 29, 2020 to Saturday, April 11, 2020

**Who can enter:** CNMI and Guam residents

#### How to enter:

- Follow @iteguam or @itecnmi on Instagram.
- Like the Instagram post announcing the contest.
- Share the contest announcement to Instagram Story.
- Upload either a photo or 30–60 second video to your

Instagram Feed that shows how you are passing the time while you are social distancing by staying at home. Entrant must tag IT&E and use #ITEstayhomechallenge in the caption.

#### Prizes

Three prizes will be rewarded:

- Samsung Galaxy S20 Ultra – IT&E’s choice
- Samsung Galaxy S20+ – Most likes
- Samsung Galaxy S20 – Randomly selected from all entries (All phones come with 1 year of free service)

Winners will be announced on social media on Friday, April 17 at 12pm. (PR)

## FHB launches new online financial relief portal

**HONOLULU, Hawaii**—First Hawaiian Bank today launched a new online financial relief portal at [Financialassistance.fhb.com](http://www.financialassistance.fhb.com) to assist its customers who are experiencing hardship due to the impact of COVID-19. The site allows individual and business banking clients to request financial relief online from the safety of their own home. The online application takes minutes to fill out.

“We are committed to helping our customers recover from the financial difficulties created by COVID-19 and want to get relief to them quickly,” said Bob Harrison, First Hawaiian Bank Chairman, President, and CEO. “We encourage any customer experiencing financial hardship to request assistance online from one of our financial relief programs.”

First Hawaiian Bank is of-

fering both its personal and business customers new financial assistance programs to help them manage financial difficulties due to COVID-19.

### Personal loan deferrals

■ Loan deferrals with extensions of up to three months are available for First Hawaiian Bank’s PayAnyDay personal loans, auto loans and credit card payments.

### Mortgage forbearance

■ First Hawaiian Bank’s mortgage forbearance program allows for up to six months of deferrals on mortgage payments as well as a customized, flexible partial payment program designed to meet the customer’s needs.

### Business customers

■ For existing business banking customers, First Hawaiian Bank provides a wide range of relief options includ-

ing loan payment deferrals and fee waivers to help clients through this difficult time.

To learn more about any of these financial relief programs, visit [Financialassistance.fhb.com](http://www.financialassistance.fhb.com) or call 808.844.4444 or toll free at 1-888-844-4444.

First Hawaiian Bank ([www.fhb.com](http://www.fhb.com)) was founded in 1858 as Bishop & Co., and is Hawaii’s largest bank offering consumer and business customers a comprehensive suite of financial services, including online and mobile banking services, deposits, lending, merchant services, wealth management, insurance and credit cards. The bank has 53 branch locations in Hawaii, three on Guam and two in Saipan. First Hawaiian, Inc. (NASDAQ: FHB) is the parent company of First Hawaiian Bank. (PR)

## Trump signs \$2.2T stimulus after swift congressional votes

**WASHINGTON (AP)**—President Donald Trump signed an unprecedented \$2.2 trillion economic rescue package into law after swift and near-unanimous action by Congress to support businesses, rush resources to overburdened health care providers and help struggling families during the deepening coronavirus epidemic.

Acting with unity and resolve unseen since the 9/11 attacks, Washington moved urgently to stem an economic free fall caused by widespread restrictions meant to slow the spread of the virus that have shuttered schools, closed businesses and brought American life in many places to a virtual standstill.

“This will deliver urgently

needed relief,” Trump said as he signed the bill Friday in the Oval Office, flanked only by Republican lawmakers. He thanked members of both parties for putting Americans “first.”

Earlier Friday, the House gave near-unanimous approval by voice vote after an impassioned session conducted along the social distancing guidelines imposed by the crisis. Many lawmakers sped to Washington to participate—their numbers swollen after a maverick Republican signaled he’d try to force a roll call vote—though dozens of others remained safely in their home districts.

The Senate passed the bill unanimously late Wednesday.

“Today we’ve all acknowledged our nation faces an economic and health emergency of historic proportions,” said House Speaker Nancy Pelosi, D-Calif. She said Americans deserve a full-on government response “to address these threats to their lives and their livelihood and they need it now.”

The \$2.2 trillion legislation will speed government payments of \$1,200 to most Americans and increase jobless benefits for millions of people thrown out of work. Businesses big and small will get loans, grants and tax breaks. It will send unprecedented billions to states and local governments, and the nation’s all but overwhelmed health care system.

# Nation



In this March 27, 2020 file photo, President Donald Trump signs the coronavirus stimulus relief package in the Oval Office at the White House in Washington, as Treasury Secretary Steven Mnuchin, Senate Majority Leader Mitch McConnell, R-Ky., House Minority Leader Kevin McCarthy, R-Calif., and Vice President Mike Pence watch. AP

## How to prep for and spend your government relief check

By SEAN PYLES of NerdWallet

The coronavirus pandemic has upended the lives and finances of millions. A federal relief package aiming to provide payments to distressed consumers passed Friday—but that money is not likely to land for a number of weeks.

While you’ll have to wait for whatever money you might be eligible for, now is the time to prep your finances and plan. The best use of this money depends on your individual circumstances. Here’s how to think it through.

### DO THIS PREP WORK, REGARDLESS OF YOUR SITUATION

This is the time to examine your money situation and build savings, if possible. The fallout from the pandemic may continue for some time. Taking even small steps can help you feel empowered and less stressed.

First, take stock of your regular expenses, such as housing costs, car loans and credit card or other debt payments. A budgeting worksheet can help account for everything and show what’s going to needs, wants and savings and debt. Once you see the big picture, consider trimming where you can because of the current uncertainty.

“We’re all operating on a limited cognitive load right now,” says Kristen Holt, CEO of the nonprofit credit counseling agency GreenPath Financial Wellness. “Writing everything down and thinking it through first before you spend any of the money out the door would be a good idea.”

### IF YOU’VE LOST YOUR JOB, DON’T WAIT TO ACT

Those who’ve lost jobs might feel like the floor has fallen out from under them. Money from the government will provide a much-needed boost, but it might be weeks or even months before you get it. And you’ll likely need to supplement and stretch it.

“The amount of these checks is not going to go very far for paying people’s regular bills,” says Carol Fabbri, principal at Fair Advisors, a Colorado-based financial planning firm. “They need to reduce their bills as much as

they possibly can, then think about Maslow’s hierarchy of needs—you need to eat, you need shelter—and focus your spending there.”

With that in mind:

### TAKE ADVANTAGE OF ALL SOURCES OF HELP:

Pick up the phone and call your creditors. Explain your situation and work out a way to either delay payments for a few months or work out new minimum payments. Given the unprecedented nature of this moment, many creditors are offering ways to make payments more manageable for consumers. For homeowners, there are mortgage assistance programs you can tap if you can’t pay your mortgage.

Explore resources to help manage and minimize expenses. File for unemployment if you’re eligible and use any resources your former employer may offer. Calling 211 will connect you with local health and social services organizations.

### MAKE A PLAN FOR THE MONEY YOU GET:

Focus on necessities, like housing and food, to ensure your basic needs are met. If you have anything left over, you might be tempted to throw this money at debts. But saving should take priority right now, says Diane Pearson, a financial adviser at Pearson Financial Planning in Pennsylvania.

“We don’t know how long this situation might last and there might be a need for this money down the road,” Pearson says.

**IF IT’S STILL NOT ENOUGH:** For many people, this money won’t cover all of their expenses, even after all governmental and nonprofit resources are tapped. In that event, accruing debt to cover expenses may be a last-resort option but can be done strategically. Many of the “rules” about using credit cards don’t apply right now.

“If you’re going to get further in debt, do it with a plan and make sure you’re utilizing the best available options for you,” Holt says. “Don’t assume there aren’t options.” She suggests exploring loan options from local credit unions, for example, and steering clear of high-interest loans like payday loans.



# Asia

## AMID WORRIES ABOUT OUTBREAK

### North Korea test fires missiles

**SEOUL, South Korea** (AP)—North Korea on Sunday fired two suspected ballistic missiles into the sea, South Korea and Japan said, continuing a streak of weapons launches that suggests leader Kim Jong Un is trying to strengthen domestic support amid worries about a possible coronavirus outbreak in the country.

South Korea's Joint Chiefs of Staff said it detected the projectiles flying from the North Korean eastern coastal city of Wonsan into the waters between the Korean Peninsula and Japan on Sunday morning. The projectiles flew about 230 kilometers (143 miles) at a maximum altitude of 30 kilometers (19 miles), the statement said.

The military described the launches as "very inappropriate" at a time when the world is battling the coronavirus outbreak. It urged North Korea to stop such military action.

Japan's Defense Ministry said that presumed ballistic missiles were believed to have splashed into the sea outside of Japan's exclusive economic zone.

"Recent repeated firings of ballistic missiles by North Korea is a serious problem to the entire international community including Japan," a

ministry statement said.

In recent weeks, North Korea has fired a slew of missiles and artillery shells into the sea in an apparent effort to upgrade its military capability amid deadlocked nuclear talks with the United States. Those weapons were all short range and capable of striking South Korea, but didn't pose a direct threat to the U.S. homeland.

Some experts say the latest North Korean launches were likely designed to shore up unity and show that leader Kim Jong Un is in control in the face of U.S.-led sanctions and the global pandemic.

Kim "wants to show he rules in a normal way amid the coronavirus (pandemic) and his latest weapons tests were aimed at rallying unity internally, not launching a threat externally," said Kim Dong-yub, an analyst at Seoul's Institute for Far Eastern Studies. "North Korea doesn't have time now to spare for staging (external threats)."

North Korea has been engaged in an intense campaign to prevent the spread of the virus that has infected more than 660,000 worldwide.

It has called its campaign a matter of "national existence" but has steadfastly denied there has been a single

virus outbreak on its soil. Many foreign experts question that claim, warning an epidemic in North Korea could be dire because of its chronic lack of medical supplies and poor health care infrastructure.

A week ago, North Korea said President Donald Trump sent a personal letter to Kim, seeking to maintain good relations and offering cooperation in fighting the outbreak. A North Korean state media dispatch didn't say whether Trump mentioned any of the latest weapons tests by the North.

Kim Jong Un has vowed to boost internal strength to withstand what he calls "gangsters-like" U.S.-led sanctions that are stifling his country's economy. His nuclear diplomacy with Trump faltered after the American president turned down his calls for broad sanctions relief in exchange for a limited denuclearization step during their second summit in Vietnam in early 2009.

North Korea hasn't carried out nuclear or long-range missile tests since it began talks with the United States in 2018. A resumption of a major weapons test by North Korea risks completely disrupting the negotiations.

### China sends medical aid to Pakistan to combat virus outbreak

**ISLAMABAD** (AP)—China sent a plane loaded with medical personnel and supplies Saturday to help Pakistan fight the spread of the coronavirus in one of the world's most populous nations.

Across the Middle East and elsewhere, the outbreak has raised concerns that health systems strapped by multiple wars, refugee crises and unstable economies won't be able to handle the growing number of cases. In Iran, which is battling the worst outbreak in the region, state TV said Saturday another 139 people had died from the virus. That pushed the total fatalities in Iran to 2,517 amid 35,408 confirmed cases.

China has sought to portray itself as a global leader in the fight against the outbreak, which began a few months ago in its Wuhan province. The plane carrying aid to Pakistan was met at the capital's airport by Foreign Minister Shah Mahmood Qureshi, who greeted the arriving Chinese doctors and officials. China had previously sent

ventilators and masks to Pakistan, a key link in China's ambitious multi-billion-dollar One Road Project linking south and central Asia with China. China is also a key military supplier for nuclear-armed Pakistan, having supplied the country with missiles capable of carrying atomic weapons.

Pakistan, with a population of 220 million, has 1,408 confirmed cases of the coronavirus, including 11 deaths from the illness it causes, COVID-19. Most of the infected people have been travelers returning from neighboring Iran.

Most people infected by the virus only experience mild symptoms, such as fever and cough, and recover within a few weeks. But the virus can cause severe respiratory illness and death, particularly in older patients or those with underlying health problems.

Pakistan has closed its borders with both Iran and Afghanistan, but has come under widespread criticism for its initial lax response to the virus.

Even as the pandemic spread to the country, Pakistani authorities allowed tens of thousands of Islamic clerics from around the world to congregate for three days outside the eastern city of Lahore. Some 200 of the clerics are now quarantined at the site of the gathering, a sprawling compound belonging to an Islamic missionaries group, Tableeghi Jamaat.

Many of the visiting clerics at the conference returned to their home countries, some of them carrying the coronavirus. The first two reported cases in the Gaza Strip attended the three-day gathering in Pakistan, and are now under quarantine in Gaza. Other linked cases have emerged elsewhere in the Middle East and Central Asia.

Pakistan Prime Minister Imran Khan has refused to impose a countrywide lockdown saying it would devastate the country's poor, but ordered non-essential businesses closed, including restaurants, money changers and wedding halls.

# World



In this Friday, Nov. 22, 2019 file photo, Britain's Prime Minister Boris Johnson, right, and Health Minister Matt Hancock visit Bassetlaw District General Hospital on their General Election campaign in Worksop, England. AP

## Second UK Cabinet member joins Johnson in having virus symptoms

**LONDON** (AP)—Another member of British Prime Minister Boris Johnson's Cabinet has developed symptoms of COVID-19, as the number of people with the coronavirus to die in the U.K. passed the 1,000 mark Saturday.

Scottish Secretary Alistair Jack said he had symptoms of the disease and was self-isolating a day after the prime minister and Britain's health secretary revealed they tested positive for the virus and were experiencing mild symptoms.

Johnson, 55, is the highest-profile political leader to have contracted the virus. Jack sat beside him in the House of Commons on Wednesday before Parliament shut down until at least April 21 to reduce the risk of infections.

Business Secretary Alok Sharma said Johnson continues to show only "mild symptoms" of coronavirus.

"He continues to lead the government's effort in com-

bating Covid-19," Sharma told reporters, "This morning he held a video conference call and he will continue to lead right from the front on this."

"What this has reminded us is that no one is immune and that is precisely why we ask people to follow the Government advice in terms of staying at home where they are able to do that," Sharma said.

Johnson has been accused of failing to follow the British government's distancing measures after he, Health Secretary Matt Hancock, 41, and the chief medical officer of England began self-isolating with symptoms Friday.

The medical officer, Dr. Chris Whitty, has been advising the prime minister during the virus pandemic and not said if he was tested.

The editor of the respected British medical journal The Lancet published a scathing editorial Saturday that criticized the government for doing too

little, too late to protect public health and leaving the U.K.'s public health system "wholly unprepared for this pandemic."

Lancet editor Richard Horton wrote that despite numerous warnings, Britain's strategy for containing the virus failed, "in part, because ministers didn't follow WHO's advice to 'test, test, test' every suspected case. They didn't isolate and quarantine. They didn't contact trace."

"These basic principles of public health and infectious disease control were ignored, for reasons that remain opaque," Horton said.

Keith Willett, the National Health Service's strategic incident director for COVID-19, disputed the editorial's conclusions.

He said the NHS freed up 33,000 beds for virus patients - a third of all hospital capacity - and enabled 18,000 nurses and doctors to return to practice. Three new makeshift hospitals are being built.

## Virus prevention measures turn violent in parts of Africa

**JOHANNESBURG** (AP)—Police fired tear gas at a crowd of Kenyan ferry commuters as the country's first day of a coronavirus curfew slid into chaos. Elsewhere, officers were captured in mobile phone footage whacking people with batons.

Virus prevention measures have taken a violent turn in parts of Africa as countries impose lockdowns and curfews or seal off major cities. Health experts say the virus' spread, though still at an early stage, resembles the arc seen in Europe, adding to widespread anxiety. Cases across Africa were set to climb above 4,000 late Saturday.

Abuses of the new measures by authorities are an immediate concern.

Minutes after South Africa's three-week lockdown began Friday, police screamed at homeless people in downtown Johannesburg and went after some with batons. Some citizens reported the police use of rubber bullets. Fifty-five people across the country were arrested. The country leads Africa with more than 1,000 cases.

In an apparent show of force on Saturday, South Africa's military raided a large workers' hostel in the Alexandra township where

some residents had defied the lockdown.

In Rwanda, the first country in sub-Saharan Africa to impose a lockdown, police have denied that two civilians shot dead Monday were killed for defying the new measures, saying the men attacked an officer after being stopped.

And Zimbabwe, where police are widely criticized by human rights groups for deadly crackdowns, is set to enter a three-week lockdown on Monday. The country's handful of virus cases already threatens to overwhelm one of the world's most fragile health systems.



# Health & Wellness

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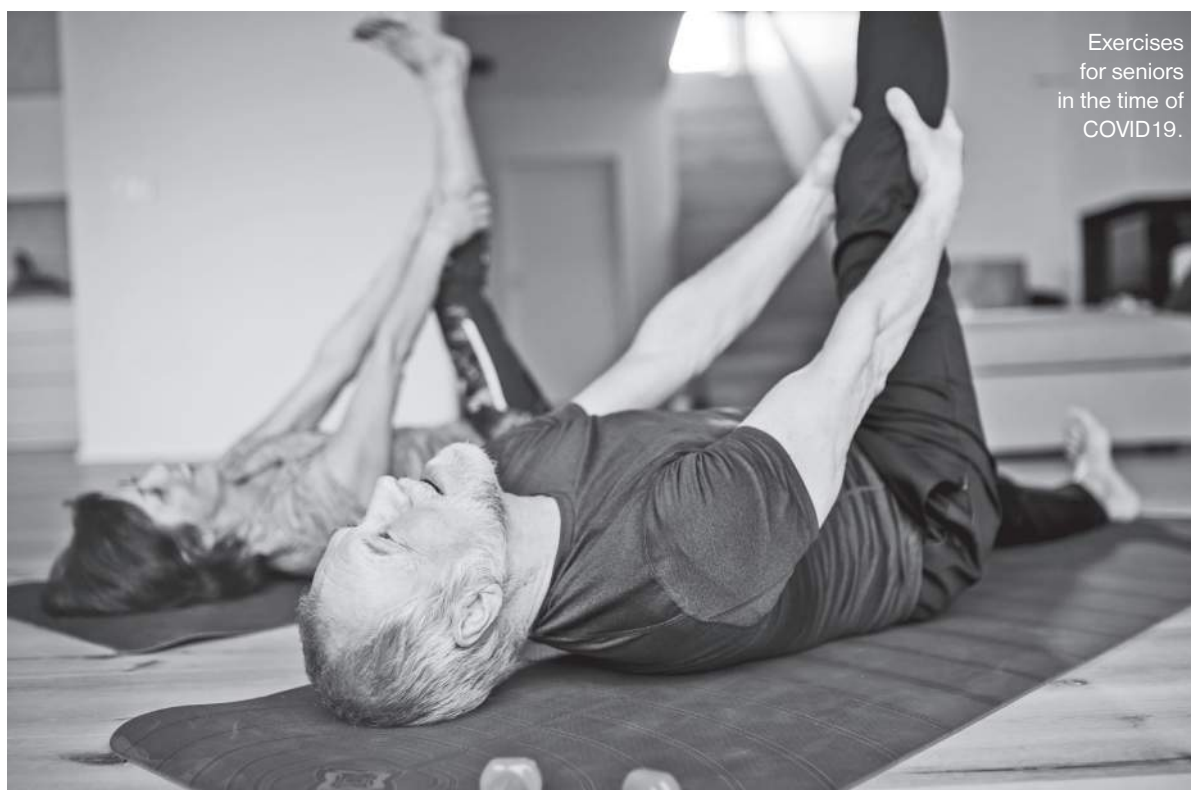
By AMY BERTRAND  
ST. LOUIS POST-DISPATCH

When Lori Patterson launched Boot Camp Challenge fitness classes in St. Peters, Mo., 19 years ago, one of her main goals was camaraderie.

"I wanted to combine the science of fitness and wellness with the camaraderie, the esprit de corps of the U.S. Army, of being part of a team," says Patterson, an Army veteran who now has Boot Camp Challenge trainers in seven states.

But, with the recent coronavirus fears, she like many, has had to look for a different way to get her product to her people. All of her trainers have moved their classes online. They meet live, in the same groups they met in before and at the same time.

"So that means if you don't show up at 5:30 a.m., I know it," she says. "It keeps the accountability, and you



Exercises  
for seniors  
in the time of  
COVID19.

DREAMTIME/TNS

## Ready to exercise at home? We have a workout for you

can still feel like you are a part of something. I feel that's really important in these times."

To that end, she's also creating free, 10-minute workouts live at 9 a.m. Monday through Friday on her Facebook page, facebook.com/bootcampchallenge.

"It's really important right now to keep your heart and lungs strong to keep your immune system strong. Exercise has proven to be a great way to help through any kind of anxiety, depression, worry. It's a great tool to combat that," she says. "And it brings a sense of normalcy to those who already do exercise but can't go to the gym, and for those who don't usually exercise, now is a great time to get started. ... Time is no longer an obstacle, and that's usually listed as the biggest obstacle."

Each week, Patterson will help us bring a new workout to you, which you can do at home. Or, if the weather

is nice, do it outside and get some fresh air. For a beginner, this workout will take about 35 to 40 minutes. For more advanced folks, it will take 45 to 50 minutes. As always, check with a doctor before beginning any exercise program.

**WARMUP:** Walk around your house or up and down your stairs for 8 minutes to increase your blood flow and prepare your body for the workout.

**SUPERSET 1:** Supersets are multi-muscle and multi-joint moves that cut down on rest time in between exercises. Begin here with a push-up. Either the basic kind or modify by getting on your knees or even standing and pushing up on a countertop. Do 8 to 12 repetitions. Then, using canned goods, milk jugs or weights if you have them, stand up, pull your belly in and bend at the waist. Pull your arms straight back, bending at the elbows to do an exercise called a lateral row, 8

to 12 reps. If you are a new exerciser, stop here. If not, then repeat this superset for a total of three sets.

### WALK: 5 minutes around your house.

**SUPERSET 2:** Do 8 to 12 squats, then lie on your back with your feet on the floor and press your hips to the sky for a pelvic tilt, 8 to 12 times. If you are a new exerciser, stop here. If not, repeat this superset for a total of three sets.

### WALK: 5 minutes

**SUPER SET 3:** Do a triceps dip: Sit on a chair or bench. Keeping your hand on the edge of the seat, lower your rear end off the bench so you are supporting yourself with your arms (your knees are bent in front of you). Slowly bend your elbows till you feel a tug at your triceps, then straighten your arms back up (but don't lock out your elbows). 8 to 12 reps. Then

grab canned goods, milk jugs, exercise bands or weights to do biceps curls for 8 to 12 reps. Again, if it's your first time, stop here. Otherwise, repeat two more times.

### WALK: 5 minutes

**SUPERSET 4:** Do 8 to 12 crunches, with your feet on the floor. Then flip over and do back extensions. To do these, lie face down on the floor with your hands either in the small of your back or at your sides. Slightly lift your legs and shoulders off the floor. Return to starting position, 8 to 12 reps. Do this superset once for newbies, three times total for experienced exercisers.

**STRETCH:** 5 minutes of stretching: give yourself a hug, reach your arms out high, then to your sides, then up and over your head. Grab a foot behind you and hold it to your rear end. Lie on your back and pull your knees to your chest.

## COVID-19 TIPS for mindfulness and coping with anxiety

Amid ever-changing information around the COVID-19 pandemic, many people are experiencing heightened stress and anxiety.

"Anxiety is not right, and it is not wrong. It is just part of the human experience," says Kristin Lothman, a mind-body counselor with Mayo Clinic's Department of Integrative Medicine and Health. "Healthy anxiety calls us into action to be safe, to take care of the people that we love and to arrive at the present moment experience with resilience."

"There are many strategies to manage anxiety," Lothman says. "I recommend developing a self-care practice. Elements of that could include journaling, exercise, yoga, meditation and prayer."

Another way to cope with anxiety is to practice mindfulness, Lothman says.

"Mindfulness is about paying attention on purpose to the present moment. And I believe mindfulness is a powerful tool we can use right now."

Lothman adds that mindfulness is about focus and awareness. "The best way I can connect is to not be distracted, to be present, to engage in eye contact," she says. To calm the body and mind, Lothman suggests a guided meditation—a practice of relaxed concentration where you follow the instructions of a narrator related to breathing and imagery. Breathing exercises are also valuable, especially for younger children.

"You might practice these three or four times a day. Maybe not the entire meditation but even if you can get in 10 breathes that may be enough to notice a shift in your inner experience," Lothman says.

(Mayo Clinic News Network)

## Spiritual Life: Leave anxiety behind and be open to today

By JANET GRIFFIN  
TRI-CITY HERALD (KENNEWICK, WASH.)

"Do not worry, do not be anxious" are messages found repeatedly in Christian scripture. Say that to me and it's like saying "don't think about elephants"! But I've come to realize the difference between concern and worry.

Concern leads me to constructive action. Worry or anxiety is just the hamster wheel. Round and round I go, exhausting myself emotionally and spiritually, and usually making an annoying squeaking sound as well!

A few years ago I participated in

a weeklong spiritual retreat, where I focused on getting rid of anxiety. It had become a factor in my life that no longer seemed appropriate. I grew up in an anxiety-producing family, and had anxiety-fostering careers. Now retired, I'm involved with some important and meaningful projects, but they aren't really anxiety-producing.

The world is full of difficulty, struggle and tragedy, none of which I can help relieve if I'm full of anxiety. I wanted to shed my old and energy-draining habit.

Twenty years ago I acquired a little voice to help me cope when I felt overwhelmed by events beyond

my control. At the time, I was the associate priest at a church service that was getting badly off track while the bishop and senior pastor chatted, ignoring the directions in the service leaflet. As I fumed and fussed, I heard the voice of TV cartoon character Bart Simpson say, "Well don't have a cow, lady!"

Over the years I've heard that voice many times, calling me back from the edge of a meltdown. At the retreat, I wanted to discover a better voice with a more sacred message to calm and guide me.

A spiritual practice instructed me to go into the countryside to find a creature that seemed to facilitate my

access to God. I wanted a majestic hawk, an exotic blue-tailed skink, or a lovely butterfly. This creature needed to be worthy of the task of connecting me to the Holy One.

Nothing. The meadow was devoid of life. The steep wooded hillside was occupied only by annoying bugs, which did not meet my standards for this sacred quest.

High up the trail I stepped into a clearing and there it was. There was no doubt that this creature was there for me. It was big. It was reddish-brown. It was a cow.

And I heard a little voice that was not Bart Simpson's, saying, "You want to have a cow, have a cow!"

Never doubt that God has a sense of humor!

The message I received from the "Holy Cow" was to stop taking myself so seriously. The baggage of anxiety needs to be checked at the gate. "Carry no purse, no bag, no sandals" is a teaching from Jesus, that says to me "leave your baggage of the past so you can be open to what is happening now."

How to check that baggage? Give forgiveness to others; accept it for myself. Laugh often, especially at myself. Trust the Spirit's guidance. And when life gets tough, let "Holy Cow!" connect me to God's grace.



# Life & Style

## Taylor Swift surprises some of her fans with money donations

From finding ways to help others cope to sheltering in place to canceling events, here's a look at some of the ways the entertainment industry is reacting to the spread of the coronavirus, which most people recover from but can cause severe illness in the elderly and those with preexisting medical conditions.

### Taylor Swift sending money to fans

Taylor Swift is helping fill the blank space where incomes have gone for several of her fans. Some have gotten thousands of dollars from the "Lover" and "1989" hit maker.

One fan, Holly Turner, got a cash infusion from Swift after the freelance music photographer and graphic designer wrote on Tumblr that her livelihood was threatened and she was considering whether to leave New York City.

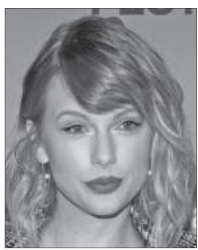
Swift sent \$3,000 and wrote, "Holly, you've always been there for me. I want

to be there for you right now. I hope this helps. Love, Taylor." Turner was understandably shocked. Swift "literally single-handedly saved my ability to stay here. I cannot even believe my eyes right now," Turner wrote.

Swift also sent \$3,000 to another fan who was stressed about bills piling up, prompting this response from the grateful recipient: "This beautiful magical unbelievable human. I don't even know where to begin." (AP)

### All five top publishers drop out of BookExpo

All of the top five publishers have dropped out of BookExpo, the industry's annual national convention. Hachette Book Group and Macmillan became the fourth and fifth of the so-called "Big Five" to announce they would not attend the July gathering and the fan-based BookCon which imme-



Swift

diately follows.

"With the impact of the coronavirus still an unknown, Hachette Book Group has decided to withdraw our participation in Book Expo and BookCon 2020 in the interest of the health and well-being of our employees and authors," according to a statement Thursday from the publisher. "We'll miss having the opportunity to engage with booksellers, librarians, and readers but are committed to finding new ways to connect these audiences with our books and authors."

Penguin Random House, HarperCollins Publishers and Simon & Schuster had already canceled. The convention's organizer, ReedPOP, had already postponed BookExpo and BookCon from May to July. The event is still scheduled to be held at the Jacob Javits Convention Center, which New York state has converted

to a medical facility. (AP)

### 'Wasp' actress walks back 'freedom' talk

Evangelina Lilly is apologizing for downplaying the importance of isolation amid the coronavirus outbreak.

The "Ant Man and the Wasp" and "Lost" actress had come under fire for a March 16 Instagram post in which she said she valued her freedom and was carrying on with business as usual.

In a new post Thursday, she said at the time directives were not to congregate in large groups, and she believed people were overdoing social distancing, but once those directives changed she did too.

"At the time of my Mar 16th post, the directives from the authorities here were that we not congregate in groups of more than 250 ppl and that we wash our hands regularly, which we were doing," Lilly said Thursday. "PLEASE KNOW I AM DOING MY PART TO FLATTEN THE CURVE, PRACTICING SOCIAL DISTANCING AND STAYING HOME WITH MY FAMILY," she said emphatically in the new post.

She went on to give "special apologies to those most affected by this pandemic," saying "I never meant to hurt you. When I wrote that post 10 days ago, I thought I was infusing calm into the hysteria. I can see now that I was projecting my own fears into an already fearful and traumatic situation." (AP)

### Stars of 'Contagion' reunite for a PSA

NEW YORK (AP)—The

stars of the 2011 virus thriller "Contagion"—a prescient film these days—have reunited for a series of public service announcements to warn about COVID-19.

Matt Damon, Laurence Fishburne, Kate Winslet and Jennifer Ehle have teamed up with scientists from Columbia University's Mailman School of Public Health to offer four individual homemade videos.

"Wash your hands like your life depends on it," Winslet says in her PSA. "Because right now, in particular, it just might."

Ehle stresses that the coronavirus is novel, meaning no one is immune. "Every single one of us, regardless of age or ethnicity, is at risk of getting it," she says.

"Contagion," directed by Steven Soderbergh, explores a scenario in which a lethal and fast-moving influenza is spreading around the world.

Damon, who in the film played a character who was immune to the hypothetical virus, also stresses listening to experts and staying 6 feet apart. "That was a movie. This is real life," he says. "I have no reason to believe that I'm immune to COVID-19. And neither do you."

Fishburne appeals to helping medical staff on the front line. "If we can slow this thing down, it will give our doctors and our nurses in our hospitals a fighting chance to help us all get through this thing together," he says. (AP)

### Oprah on coronavirus: 'Playing it as safe as I possibly can'

NEW YORK (AP)—Oprah

Winfrey says she's playing it safe when it comes to the rapidly spreading coronavirus.

The 66-year-old entertainment icon told The Associated Press on Friday that she has been quarantining and practicing social distancing at her home—even if that means longtime partner Stedman



Winfrey

Graham has to stay in the guest house.

"I have now-grown girls from South Africa here (but) Stedman's on lock down at the guest house. He's still there, asking: 'When can I come? When can I come to the main house?' He's still got, hmm, till Monday," she said.

Earlier this week Winfrey posted a video of her talking to Graham as he poked his head outside of the guest house window. She said he must stay in the guest house because he had been recently flying and they're trying to be safe.

"I'm getting ready to take him some food down there now for lunch. But I'm playing it as safe as I possibly can. Nobody goes out and nobody comes in," she said.

For most people, the new coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia and death. (AP)

## Meghan to narrate Disney nature film in first post-royal job

LONDON (AP)—Meghan, the Duchess of Sussex, has her first post-royal job: narrating a Disney documentary about elephants.

Disney announced Thursday that the duchess, who is married to Britain's Prince Harry, is lending her voice to "Elephant," to be released April 3 on the Disney+ streaming service. It's one of a series of animal- and nature-themed features released to mark Earth Month.

The film follows an

elephant family on a 1,000-mile (1,600-kilometer) journey across the Kalahari Desert.

Harry and Meghan shocked the world in January by announcing that they were quitting as senior royals, relinquishing official duties and seeking financial independence. Since late last year they have been based on Vancouver Island, and will officially



Markle

end royal duties on March 31.

The grandson of Queen Elizabeth II married the American actress Meghan Markle at Windsor Castle in May 2018, in a ceremony watched by millions around the world. The couple later said they found scrutiny by the British media—which they said tipped into harassment—intolerable.

## Medical setback causes man to cut ties with girlfriend

DEAR ABBY: I had a boyfriend for two years until a few days ago. He's a 40-year-old easygoing paraplegic (from a car accident long before I met him), and I'm an easygoing 36-year-old woman with two kids from a previous marriage.

We had a great connection, a similar outlook on life and had the same interests in pretty much everything. He adored my girls. We would all go to a movie every so often or to dinner occasionally, but mostly we would stay in and play games or watch TV when we were spending time together.

I'm his first girlfriend, so he was new to the concept of having someone love him in spite of every little flaw he had (which were very few). I told him so many times that no matter what was wrong, I was going to stick by his side.

Recently, he's had a medical problem with a few ulcerated sores. This sometimes happens to paraplegics. Unfortunately, his doctor has said he needed to leave his apartment temporarily and go into a nursing facility to get round-the-clock care. A few months went by, with plenty of visits from friends, family, and me and my daughters. (He always introduces us as his family.)

The doctor now says he may need to stay there for a year, and I know he became immediately depressed. He sent me a text saying he thinks we should just be friends, and he doesn't want a reminder of what he can't do anymore. I feel like this isn't him, that he's jumping to rash conclusions because of

stress. I don't want to end the relationship. I'm willing to keep moving forward and get through this speed bump together.

He won't answer my calls or texts, and I'm at a loss about what I should do next. I want to keep him so badly. My heart aches every day worrying about this. He may lose a year of freedom, but I'm losing a lifelong companion.

HEAVY HEART IN PENNSYLVANIA

**DEAR HEAVY HEART:** You really have no choice but to follow this man's lead, so do as he has asked. Remember, you promised to support him no matter what. Agree to be "just friends," although it won't be easy if he wants to remain incommunicado. In the meantime, stay as active with other friends as you can. Above all, do NOT allow yourself to become socially isolated because he has chosen to isolate himself.

**DEAR ABBY:** My daughter "Frances" is currently applying for graduate school and is dating a man who works in human waste management. She lives in the dorms at school. Her brother "Harry" was at a party recently, and a young lady told him the "poop pumper" has been trying to get some alone time with her. I feel I should tell Frances that her guy is on the prowl. They have been dating since Frances was 16, and my wife and I have always thought she could do better. Should we tell her?

HOLDING MY NOSE IN OHIO

## DEAR ABBY

By ABIGAIL VAN BUREN  
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.



**DEAR HOLDING:** No, HARRY should tell his sister about the person he met at the party and exactly what he was told. Coming from her brother it will sound less like "I told you so." As to your comment that Frances "could do better," if you're referring to the boyfriend's chosen field, be aware that people in waste management can earn a very good living doing a very important job.

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)



# Pastimes

## Calvin and Hobbes

By Bill Waterson



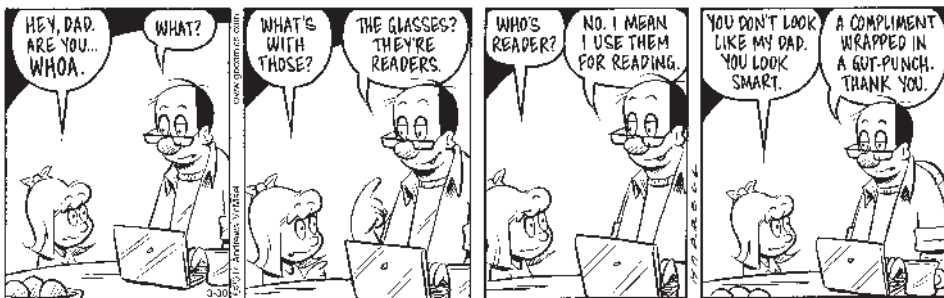
## Garfield®

By Jim Davis



## Adam@home

By Bryan Basset



## The Duplex

By Glenn McCoy



## CROSSWORD

By Eugene Sheffer

<b>ACROSS</b>	<b>35</b> Campaign-funding	<b>51</b> O'Hara estate	<b>11</b> Portent
<b>1</b> Water, in Mexico	<b>36</b> Raging fire	<b>13</b> Messes up	<b>19</b> Debtors' notes
<b>5</b> Previously	<b>37</b> Poly-nesian island	<b>20</b> Cave flier	<b>21</b> Norwegian saint
<b>8</b> Sleek, in car lingo	<b>40</b> Nourished	<b>22</b> Bar	<b>23</b> Pivots
<b>12</b> Gathered one's strength	<b>41</b> Concept	<b>25</b> Imaginary	<b>26</b> Forum wear
<b>14</b> Streetcar	<b>42</b> Gathering organized	<b>27</b> Canal zone	<b>29</b> Pesky insect
<b>15</b> Unvarying price	<b>43</b> Bellow	<b>31</b> Casual shirt	<b>33</b> Beekeeper's place
<b>16</b> Eat in style	<b>48</b> Buffalo resident, e.g.	<b>34</b> Trite	<b>36</b> Optimum
<b>17</b> Pitcher's pride	<b>49</b> Catch of	<b>37</b> Ersatz swing	<b>38</b> Big fusses
<b>18</b> One of the B vitamins	<b>50</b> D-Day vessel	<b>39</b> Pile	<b>40</b> Speedy
<b>20</b> Tennis star		<b>43</b> Vinyl records	<b>44</b> 1959 Kingston Trio hit
<b>23</b> Garbage barge		<b>45</b> Not 'neath	<b>46</b> Bikini top
<b>24</b> Actor			
<b>25</b> Shows off			
<b>28</b> — chi			
<b>29</b> French people of ancient times			
<b>30</b> Ump's call			
<b>32</b> Nightgown fabric			
<b>34</b> Curved molding			

Solution time: 26 mins.

C	O	T	M	O	P	S	S	I	I	I
B	O	W	A	B	R	A	H	A	N	D
S	H	O	T	P	O	O	L	E	L	I
T	I	L	E	D	E	L	T	A		
A	L	I	N	E	S	P	A	T		
R	E	M	Y	P	O	O	L	S	I	D
E	V	E	P	E	N	N	I	T		
S	I	D	E	L	O	N	G	T	S	A
S	O	N	Y	S	E	I	Z	E		
R	E	A	C	T	K	U	N	G		
U	R	S	A	L	O	N	G	S	H	O
S	L	I	P	P	L	E	A	T	R	I
T	E	T	E	S	E	E	R	S	A	M

Last Friday's Answer 03/30

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15								16		
			17				18	19		
20	21	22			23					
24				25				26	27	
28			29					30		31
	32		33					34		
			35					36		
37	38	39					40			
41				42	43			44	45	46
47				48						
49				50				51		

## STUMPED?

For answers to today's crossword, call 1-800-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

**CELEBRITIES BORN ON THIS DAY:** Katy Mixon, 39; Celine Dion, 52; Eric Clapton, 75; Warren Beatty, 83.

**Happy Birthday:** It's time to get serious about what you want to do next. Making a move that will help you parlay what you have experienced and learned into a new direction will boost your enthusiasm and encourage you to branch out and meet people. A physical activity incorporated into your schedule will lead to better health and personal confidence. Your numbers are 2, 13, 21, 24, 28, 35, 49.

**ARIES** (March 21-April 19): Discuss your plans with someone close to you, and the feedback you receive will help you make a decision. Consider the changes necessary to achieve your dreams, and get the ball rolling. Revamp your wardrobe to suit your new lifestyle. ★★★★★

**TAURUS** (April 20-May 20): Change begins with you. Consider what will make you happy, and start making the adjustments that will help you achieve your goal. Check out the possibilities, ask an expert and make a decision based on practicality, not emotions. ★★★

**GEMINI** (May 21-June 20): Stick to what you do best. Don't share your ideas, or someone will take advantage of you and steal credit for your insight. Trust is best earned, so don't give in or let someone manipulate you. Discipline and patience will be required. ★★★

**CANCER** (June 21-July 22): When in doubt, ask. Don't let your emotions lead you down the wrong path. Ask questions to avoid making a mistake. Don't feel you have

to overspend to make an impression. Fine-tune a contract, and negotiate on your behalf. ★★★

**LEO** (July 23-Aug. 22): Learn by watching others. If you make a premature decision, you will end up paying for your mistake. Pay more attention to doing your best and finishing what you start. Take care of your responsibilities before you offer to help others. ★★★★★

**VIRGO** (Aug. 23-Sept. 22): Expect someone to use emotional manipulation to get his or her way. Don't let anyone take advantage of you or what you have to offer. Draw the line, and you'll gain respect. A personal victory is within reach. ★★

**LIBRA** (Sept. 23-Oct. 22): High energy, coupled with dedication and determination, will help you accomplish what you set out to do. You'll impress people with the way you handle your responsibilities and the solutions you offer. A change at home will turn out better than anticipated. ★★★★★

**SCORPIO** (Oct. 23-Nov. 21): Observe the changes going on around you. If you don't agree with what someone is doing, say so and opt to do your own thing. Follow your intuition, and learn from mistakes when dealing with friends, lovers and relatives. ★★★

**SAGITTARIUS** (Nov. 22-Dec. 21): Inconsistency will lead to problems when dealing with people who are close to you.

Uncertainty regarding someone from your past will surface, causing emotional turmoil. Stick to the facts to avoid a conflict that could disrupt your personal life. ★★★

## SUDOKU

Conceptis Sudoku

By Dave Green

		9		1						
		8		4		1				
4	3		8		6		2			
		6	9	3	8	5		4		
	5							9		
9		7	1	6	5	3				
	6		5		9		1	7		
		2		1		4				
			7			9				

Last Friday's Answer

2	5	1	9	6	8	7	4	3
4	3	6	7	2	5	1	9	8
9	7	8	4	1	3	2	5	6
7	8	9	5	3	4	6	2	1
6	1	4	2	7	9	3	8	5
3	2	5	6	8	1	9	7	4
1	9	3	8	5	7	4	6	2
8	4	2	3	9	6	5	1	7
5	6	7	1	4	2	8	3	9

Difficulty Level ★

3/30

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## EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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**CAPRICORN** (Dec. 22-Jan. 19): Someone you work alongside will use emotional tactics to confuse you. An opportunity will have stipulations you may not like. Read the fine print before you commit to anything. Go about your business, and focus on doing the best job possible. ★★★



**AQUARIUS** (Jan. 20-Feb. 18): Follow through with your plans. It's when you second-guess what you are doing that you fall behind or make a mistake. Someone will want to spend more time with you. Question motives before you decide to lend a helping hand. ★★★★★



**PISCES** (Feb. 19-March 20): Can you keep a secret? Your integrity will be in question if you are too forthcoming with information about someone. If you feel like talking, share positive statistics, and you'll gain respect instead of disapproval. ★★

**Birthday Baby:** You are dynamic, ingenious and original. You are compassionate and proactive.

Visit [Eugenialast.com](http://Eugenialast.com), or join Eugenia on Twitter/Facebook/LinkedIn.

## WONDERWORD®

By DAVID OUELLET

**HOW TO PLAY:** All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

WORKING 9 TO 5

Solution: 11 letters

B	T	G	N	I	T	E	E	M	U	S	E	R	P	R
R	R	E	N	W	O	M	O	T	E	S	S	A	Y	G
I	O	E	A	F	I	Y	R	M	A	E	T	R	E	N
E	P	G	A	T	S	E	A	P	T	P	A	D	A	I
F	E	S	F	K	M	N	R	C	I	L	F	R	C	N
C	R	I	E	O	A	O	H	A	E	F	E	A	I	
A	H	E	T	G	J	M	S	S	T	A	I	T	L	A
S	W	S	E	E	M	N	E	E	A	D	L	A	L	R
E	U	R	C	U	R	L	E	L	D	I	E	I	S	T
C	O	T	T	E	U	Y	L	A	K	H	A	L	E	Y
I	F	E	T	D	O	U	C	S	S	M	O	K	N	P
V	F	N	E	L	N	H	I	R	E	C	R	U	E	I
R	I	H	P	C	J	O	B	S	D	A	A	O	R	C
E	C	M	H	R	E	T	U	P	M	O	C	N	G	A
S	E	N	O	H	P	K	C	O	L	C	N	S	Y	L

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3/30

Adapt. Asset. Break. Briefcase. Calls. Clock. Commute. Computer. Cubicle. Customer. Data. Desk. Email. Employee. Energy. File. Hire. Hour. Internship. Jobs. Lead. Lunch. Manager. Market. Meeting. Money. Office. Owner. Phone. Project. Report. Resume. Retail. Salary. Sales. Scan. Schedule. Service. Shift. Staff. Team. Time. Training. Typical. Wage. Week.

Last Friday's Answer: Excursions

To purchase WONDERWORD books, visit [www.WonderWordBooks.com](http://www.WonderWordBooks.com), or call 1-800-642-6480.



# Signs suggest summer dates for Tokyo Olympics

**TOKYO** (AP)—Tokyo Olympic organizers seem to be leaning away from starting the rescheduled games in the spring of 2021. More and more the signs point toward the summer of 2021.

Organizing committee President Yoshiro Mori suggested there would be no major change from 2020.

"The games are meant to be in summer, so we should be thinking of a time between June and September," Japanese news agency Kyodo reported Mori saying on Saturday.

International Olympic Committee President Thomas Bach, after the postponement was announced in Switzerland on Tuesday, left open the possibility of spring dates.

The postponed games were to have opened on July 24 and closed on Aug. 9. Mori suggested some decisions could be made as early as this week when the organizing committee's executive board meets.

Any final decision will be made between local organizers and the IOC, and hundreds of sponsors, sports federations and broadcasters.

Athletes have been left in limbo by the postponement. Many have been forced to stop training because of the spreading coronavirus virus. Even those who can train have no idea about how to schedule training to reach peak fitness at the right time.

Mori and organizing committee CEO Toshiro Muto have both said the added cost of rescheduling will be "enormous." Early estimates put those costs at between \$2-3 billion with the several levels of Japanese governments likely to foot most of the bills.

## Gatlin, Powell hanging on

Highlights of their very best moments are still available on



AP  
A man walks along a snow-covered sidewalk past a banner promoting the Tokyo 2020 Olympics Sunday, March 29, 2020, in Tokyo.

compact discs, maybe even actual video tape. When teammates shout out, "Hey, old man"—well, they know that's directed at them.

At first glance, America's Justin Gatlin and Jamaica's Asafa Powell might seem like relics from a bygone age of sprinting. In reality, they're still in the mix—and not even a year-long postponement of the Tokyo Olympics is going to shut them down.

"I'm ready for this year," Powell told The Associated Press in the wake of the IOC's announcement that the games would be delayed due to the coronavirus. "I definitely have to be ready for next year."

Make no mistake, they are running out of time.

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Gatlin will be 39 when the Olympics finally roll around and Powell, who turns 38 in November, will be steaming toward the same number.

Both men were beginning to make a name for themselves in track before a young phenom named Usain Bolt had raced his first Olympics. Bolt, by the way, is 33 and happily retired.

Both Gatlin and Powell are "Jeopardy" questions just waiting to be asked.

The last man to win an Olympic gold medal in the men's 100 before Bolt? That would be Gatlin.

The last man to hold the 100-meter world record before

Bolt? That would be Powell.

Gatlin won the Olympics in 2004. "Feels like five years ago," he insists.

Powell set a world record in 2007, when he ran 9.74 seconds. Bolt topped it less than a year later and eventually lowered the mark to its current standing of 9.58.

Gatlin and Powell think they could make a different kind of history in 2021. The oldest Olympic champion in the men's 100 meters remains Linford Christie, who was 32 when he won at the 1992 Barcelona Games, according to research by Olympic historian Bill Mallon. As for the oldest Olympic medalist in the event, that distinction belongs to Gatlin, courtesy of his silver at the

2016 Rio Games.

"It's pretty cool to know we can hang with these younger guys and still be competitive," Powell said. "And be ones to reckon with for the gold medal."

That's nothing to laugh at. Gatlin won a silver medal at the world championships last year. Powell, who's healthy after dealing with nagging groin strains and hamstring tightness, said he's still doing the same reps at the same tempo as when he was younger.

This won't be easy for the 30-somethings. American Christian Coleman won the 100 last season at the world championships in Doha and his teammate, Noah Lyles, took the 200. Canada's Andre De Grasse earned medals

in both, and some consider him, not Gatlin or Powell, the prime challenger. None will have reached their 27th birthday by the time the starting gun goes off in Tokyo.

"They're very talented," Gatlin said. "But sprinting also comes with understanding and learning and wisdom and some patience. Those are all qualities you get as you get older."

Life has changed for Gatlin, as it has for everyone, since the COVID-19 pandemic forced the shutdown of gyms and training facilities across the country. He's been squeezing in training sessions on the grass in Clermont, Florida, and watching plenty of shows on Netflix.

And yet, there's so much that hasn't changed

Denver's players, if they're so willing, have the same assignment each day: Go to their phone or tablet, launch an app and view their individualized daily workout plan that was created by the Nuggets' strength and conditioning staff.

For now, it's the best idea the Nuggets have—as they, like every other NBA team, are figuring out new ways to do almost everything.

Nobody knows when NBA players will be in a game again, with the season on hold because of the global coronavirus pandemic. Most don't even have access to basketball courts right now, and every team training facility is shuttered right now for safety rea-

## Keeping fit with no gyms open is a new NBA challenge

sions. Public health clubs and gyms are off-limits, too.

But the workouts, somehow, continue. Teams cannot mandate that players take part, but common sense dictates that players still get some sort of workout plan to follow.

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"It's a very interesting subject," said Claus Antunes de Souza, the Nuggets' assistant strength and conditioning coach. "Keeping an athlete motivated when they don't know when they're going to perform is probably one of the hardest tasks ever. Even in an

offseason you kind of have a defined date when you're going to report back. So not having one of those dates in mind, it makes things very tricky."

The Nuggets get their workouts to players on a platform called Teambuildr, a site where remote workouts can be programmed and progress can be tracked. The site says a half-dozen NBA teams are using its technology, with Oklahoma City, Houston, Charlotte, Minnesota and Detroit being the others—along with some Major League Baseball, NHL and NFL teams.

Other teams are figuring out their own methods: Kevin Huerter said he's using Face-

Time with members of the Atlanta Hawks' staff when he's working out in his basement. The Orlando Magic plan to start utilizing FaceTime to monitor player workouts in the next few days. Zoom, a video conferencing tool, is being used by some teams for workouts where players are together—virtually, anyway.

## Hayward to opt in to \$34.2M option

Before the league suspended play on March 11, Gordon Hayward was having a strong season: 17.3 points a game on an impressive 59.3 true shooting percentage, plus 6.5 rebounds and 4.1 assists a night. He was playing the best

ball he had since arriving in Boston, having bounced back from his horrific leg injury.

He also has a player option on his contract this summer. Players having strong years often decide to hit the market while they're hot.

Except for guys about to make \$34.2 million.

Especially ones who are not going to get that much on the open market. Which is why league executives told Sean Deveney of Heavy.com they expect Gordon will opt into his final year.

"It's too much money to pass up," one general manager said. "He could get a longer deal if that is what he really wants. But I don't think the

Celtics want to give it to him, they have a lot of young guys to pay and the starting (salary) number on whatever the contract is will not be close to \$34 million. He can opt in this year and then take a big contract next year. When you look at what he has done since his injury, he has only gotten better. He could get better next year and be ready for the summer of 2021."

The summer of 2021 will have more teams with cap space and is expected to be a much deeper free agent class. If teams strike out on their first choice, they may come at Hayward as a Plan B with a sizeable contract.

Just not one for \$34.2 million. Which is why Hayward will take the money in his hand and run to the bank.



# NFL draft: From extravaganza to unadorned



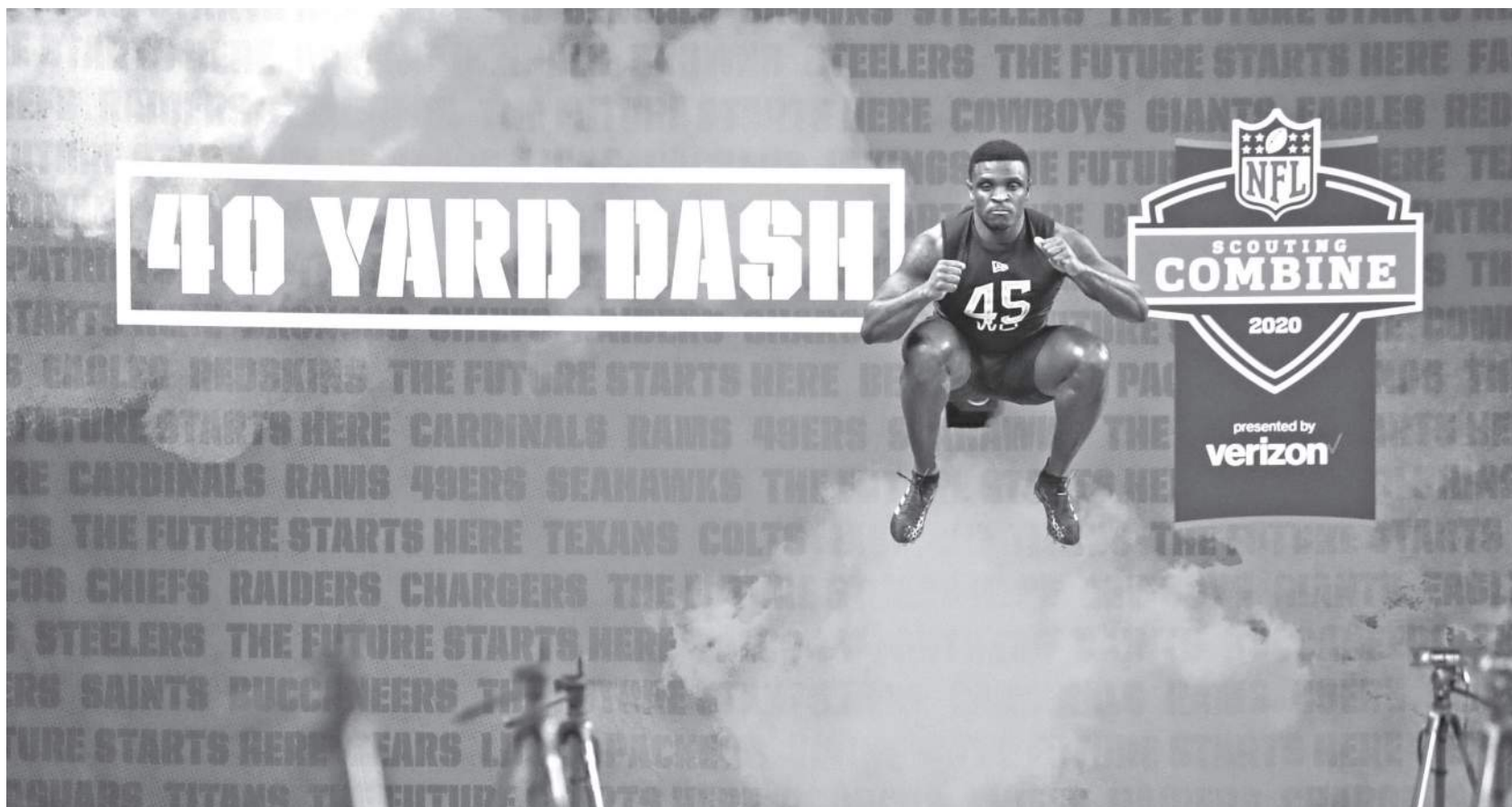
An NFL draft handled remotely because of the coronavirus pandemic is the latest twist to an event that has become as popular as any pro football happening short of the Super Bowl.

Roger Goodell alerted NFL teams in a memo Thursday night that the dates of this year's draft would remain April 23-25. The eight owners who comprise the NFL Management Council Executive Committee unanimously endorsed moving forward as planned. There has been chatter from some general managers about wanting it pushed back, and Goodell threatened disciplinary action against any teams publicly criticizing the decision.

So next month's draft, originally set for Las Vegas, will have a pretty much unadorned look. And with club facilities shut at least through April 8 and likely for much longer, Goodell told the teams: "All clubs should now be doing the necessary planning to conduct draft operations in a location outside of your facility, with a limited number of people present, and with sufficient technology resources to allow you to communicate internally, with other clubs, and with draft headquarters."

"Needless to say," he added, "we will be prepared to adjust to changed circumstances in the next several weeks, including the prospect of clubs being able to resume even limited operations within their facilities."

The draft will be televised



In this Feb. 27, 2020 file photo, Alabama wide receiver Henry Ruggs III jumps before running the 40-yard dash at the NFL football scouting combine in Indianapolis. AP

and, given the scarcity of sports offerings, the ratings for this "selection meeting" could be impressive.

As is the history of the draft.

It began because Bert Bell had been burned and sought a way to get even. His creation, the NFL draft, has become an industry unto itself.

Bell owned the Philadelphia Eagles in 1933 and was hot to sign Stanley "King Kong" Kostka of the Minnesota Gophers. All collegians were free agents back then -- college football was far more popular than the pros—and

Bell saw the bruising full-back/linebacker as a building block for his team.

But Kostka signed with the Brooklyn Dodgers; yes, that was a football franchise back then. Never mind that Kostka lasted one season in the NFL. Bell had a calling.

"I made up my mind that this league would never survive unless we had some system whereby each team had an even chance to bid for talent against each other," he later told The Associated Press.

With some negotiating and arm-twisting—Bell was so

good at that he soon would become NFL commissioner—he persuaded owners of the other eight clubs to try a draft. The team with the league's worst record would pick first and the rest would go in reverse order of their success in the standings.

On Feb. 8-9, 1936, in a Philadelphia hotel owned by the Bell family, the draft was born. And guess who had the first selection: the 2-9 Eagles.

That they took halfback Jay Berwanger, the first Heisman Trophy winner, who played at Chicago University—yes, that was a college team back

then—and couldn't sign him was somewhat embarrassing; Berwanger chose to go into the "real world" where he could earn more money than the Eagles were offering.

Regardless, the draft was established, with nine rounds, increased to 10 the next year and to 20 in 1939, with this oddity in 1938 and '39: Only the five teams with the worst winning percentage in the previous season made selections in the second and fourth rounds.

The number of rounds fluctuated through the years, in part because of competition from the All-America Football Conference in the 1940s, but also because college football grew and more players were available. For a span of a dozen drafts, there even was a bonus pick to start proceedings, with one team each year getting it until every team had gotten one.

When the AFL began in 1960 and soon started pirating NFL players and hiding college seniors, the NFL moved its draft up from the spring. Cloak-and-dagger stories developed, as soon-to-be Pro Football Hall of Famer Gil Brandt told Ken Rappoport and Barry Wilner for the book "On The Clock, The Story of the NFL Draft."

"Our battle for players with the AFL featured the so-called baby sitters who would hide players so the other league couldn't find them," said Brandt, who scouted the colleges for the Dallas Cowboys for three decades, drafting the likes of Roger Staubach, Bob Lilly and Tony Dorsett, and now is the lead draft con-

sultant to the NFL. "There was a group of people, ex-coaches, ex-players, even the governor of Oregon, who were involved."

The merger led to a common draft, but the grab bag for talent wasn't a big deal whether staged in Philly, New York, Washington, Pittsburgh, Milwaukee, Los Angeles or Chicago. Then television stepped up.

This new TV entity called ESPN approached NFL Commissioner Pete Rozelle in 1980 offering to broadcast the proceedings from the New York Sheraton. Rozelle couldn't fathom why ESPN boss Chet Simmons made the offer.

"Pete thought Chet was out of his mind," said former ESPN Vice President John Wildhack. "But Pete said, 'Let's try it.'"

Desperate for programming, ESPN hired Bill Fitts, who had worked games on CBS and NBC, as producer of the draft show, which Fitts admitted in "On The Clock" was rudimentary.

"I would say at the beginning it was like with our golf coverage—we started covering one hole," Fitts said with a laugh. "Look what it went to."

Yes, the extravaganza elements will not be present next month. But it's not an exaggeration to say the draft has exploded beyond the selection meeting tag the league hung on it. And don't underestimate the credit TV deserves, first with ESPN's gavel-to-gavel coverage and then with NFL Network joining in since 2006. Plus a move to prime time for Thursday's first round in 2010, and to the early evening for Rounds 2/3 on Friday.

## Djokovic, Federer make donations to fight COVID-19

**BELGRADE**—Tennis world number one Novak Djokovic said Friday he was donating one million euros (\$1.1 million) to help his native Serbia buy respirators and other gear to combat the coronavirus.

The player was speaking in a video conference from the southern Spanish city of Marbella, where he and his family are currently hunkering down under nationwide lockdown orders.

"Our donation is for the purchase of life-saving respirators and other sanitary equipment," said the tennis star.

Normally based in Monaco, the family's stay in Spain is "a pure coincidence", according to his spokesperson.

The 32-year-old said he was working on keeping a "positive spirit" and enjoying the family time with the tennis season thrown into chaos by the pandemic.

The men's ATP and wom-

en's WTA Tours have been suspended until June 7, with the French Open postponed and Wimbledon facing possible postponement or even cancellation.

"I don't remember spending so much time with my family since I became a father," added Djokovic, who declined to discuss tennis matters and told reporters he was passing time by reading a book on the "history of the Serbs".

He also said he plans to start "posting physical exercises I do in our apartment on social networks".

Djokovic thanked China for sending several shipments of medical equipment and doctors to Serbia, where they are now helping guide Belgrade's COVID-19 strategy.

Seven people have died and more than 450 are known to be infected with the respiratory disease among Serbia's seven million popula-

tion, according to authorities.

"I thank China from the bottom of my heart on behalf of myself and the entire nation," he said.

In Geneva, tennis great Roger Federer on Wednesday donated more than a million dollars to help support his "most vulnerable" Swiss compatriots through the coronavirus crisis.

The 20-time Grand Slam champion and his wife donated one million Swiss francs (\$1.02 million, 943,000 euros), saying nobody should be left behind as Switzerland battles against the global pandemic.

According to official figures reported to the World Health Organization, Switzerland has the ninth-highest number of infections in the world.

According to the Swiss health ministry, more than 8,800 people have tested positive for COVID-19, while 86 people had died as





# MLB players willing to extend season

**NEW YORK** (AP)—If the final pitch of the 2020 baseball season comes closer to Christmas than Halloween, that's fine with the players.

Major League Baseball owners ratified a 17-page agreement with the union on Friday in the wake of the coronavirus pandemic, with players willing to extend the season as long as needed to cover as close to a full schedule as possible.

The deal provides for \$170 million in salary advances and guarantees service time to play-

ers even if no games are played.

The season was to start Thursday and Game 7 of the World Series was on track to be Oct. 28. With opening day postponed until mid-May at the earliest, the final pitch could come deep into winter.

"We would play as long as we possibly could," union head Tony Clark said Friday. "Obviously, weather becomes a factor."

Neutral sites sites in warm-weather cities and domes are under consideration along with expanded playoffs.

"Is this a year where trying different things could be of

benefit, and that is one of the things that in a one-year trial could be a benefit," Clark said.

He added players are "very open" to playing in empty stadiums if needed to get games in.

"That possibility exists and has been presented to the other side," he said. "Players want to play ... even if it means their fans are watching at home."

MLB agreed with the union to use "best efforts to play as many games as possible, while taking into account player safety and health, rescheduling needs, competitive considerations, stadium availability, and the economic feasibility of various alternatives."

Players would consider waiving the rule against playing no more than 20 days in a row. It remains unclear what the minimum number of games needed for a season would be.

"We haven't discussed an exact number," Clark said.

Players ratified the deal Thursday night. They would keep their salary advances if no games are played in 2020 and waived their claim to additional salaries if the season is scrapped.

MLB the right to cut the amateur draft from its usual 40 rounds to as few as five this year and as few as 20 in 2021.

"It is not ideal," Clark said.

Signing bonuses for players in the draft and international amateurs will be frozen at 2019 levels through 2021.

Owners had threatened to



A statue of former Cleveland Indians Jim Thome stands in an empty Progressive Field, Thursday, March 26, 2020, in Cleveland. The Cleveland Indians were scheduled to play the Detroit Tigers in an Opening Day baseball game Thursday but the season has been postponed due to the coronavirus.

not hold the draft and stop international signings in an effort to save money. The annual cost of amateur signings is about \$400 million.

It remains unclear whether the All-Star Game at Dodger Stadium in Los Angeles will be played on July 14.

"Obviously the calendar is going to dictate a lot of what can and cannot be done," Clark said.

## Orioles pitchers' development continues

The Orioles were supposed to

be in the midst of their opening series of the 2020 season against the Yankees this weekend.

But due to the league's shutdown because of coronavirus, Camden Yards remained empty on what would have been Opening Day.

Now, the Orioles are stuck with decisions on how to keep their players—notably their pitchers—in form for whenever the season comes back. The problem is, however, that no one knows when baseball will return.

"I think we'll hopefully have a better idea as we go

along," manager Brandon Hyde said a little over a week ago on a conference call. "But as of right now, it's a real individualized plan for everybody that our medical team as well as our trainers, strength coaches, pitching coaches, have all gotten together with on conference calls and how we were going to really talk and put these plans in place for our pitchers."

John Means, who was likely the starter for the season opener against the Yankees, has already kept up with live batting practices.

## MPU's

From Page 20

Kanoa Football Club 2 last March after tallying six goals. Lee earlier debuted in the season with a hat trick, lifting MP United to a 8-0 triumph over the CNMI Boys U15 National Team last Feb. 14. The MP United striker's two other goals were registered against Kanoa FC 1 (last Feb. 21) and TanHoldings (Feb. 28).

Lee is ahead by three goals against Kanoa FC 1's Andruw Omelau, who did not score in the team's first two matches, but made up for his silence when he collected five goals in their 12-2 win over Kanoa FC 2 last March 13. Omelau's two other goals were posted in their 5-2 victory against the NMI U15 last March 6.

TanHoldings' Mark Esalan joined Omelau and Lee in the Top 3 for the battle for the Golden Boot award after gaining five goals. Esalan delivered three goals in their 4-0 win over the NMI U15 last March 13 and one apiece versus Kanoa 2 and MP United.

Meanwhile, NMI U15's Andrew Chung and MP United's Kaden Church have four goals apiece to share the No. 4 spot in the leaderboard, while TanHoldings' John Paul Cruz, Kohtaro Goto, MP United's John Bucayo, and Kanoa 1's Daniel Mar Pablo are also in a tie for fifth after logging three goals apiece.

Matches in the boys U19 division along with the other age groups competitions are suspended due to the COVID-19 pandemic.

## 'THE CRANK'

From Page 20

Drago (played by Dolph Lundgren), who used high-tech equipment, a team of trainers and doctors, and regular doses of anabolic steroids to get ready for their highly anticipated showdown. While Drago was too "fancy" with his training, Balbo went old school, as he had roadwork in a remote place in Russia and used farm equipment in his workouts.

As for Camacho, he trains at his home in Guam and supplements his regular workout with some household chores. He keeps himself fit and busy by working at their backyard, digging and planting trees using garden and farm equipment. He also utilizes some gym equipment that he got from his friends and family members.

"I'm lucky I have a treadmill, punching bag, and other equipment my dad has helped me get for proper home training. Custom Fitness Guam helped me out by lending me an airbyte for cardio work as well. Spike22 manager Mark Mendiola also dropped off some weights and kettle bells to help with some strength work at home," the 30-year-



CONTRIBUTED PHOTO

Frank "The Crank" Camacho performs drills during a training session at their home in Guam.

old MMA veteran said.

Camacho's bout against Silva Alves is scheduled for April 25 at the Pinnacle Bank Arena in Lincoln, Nebraska. The UFC Fight Night 173 and other events under the MMA promotion company have been suspended, indefinitely, due to the COVID-19 and whether Camacho's duel with Silva Alves will push through

or move to a later date, the Team Oyama standout will still keep himself busy and ready for his opponent.

"Alan Patrick is a super athlete. He is very athletic, explosive, and fast. He is a BJJ black belt as well. He does drop his hands in exchanges," said Camacho, who hopes to improve his 22-8 record when he challenges the Fuzion X-Cel bet.

The 36-year-old Silva Alves owns a 15-2 record (four wins via TKO, two by submissions, and nine off decisions). He last fought in October 2018 and lost (KO/elbows) to Scott Holtzman in the much-publicized UFC 229 that featured Khabib Nurmagomedov and Conor McGregor in Las Vegas. Silva Alves won his first 12 fights before Mairkbek Taisumov



CONTRIBUTED PHOTO

Frank "The Crank" Camacho poses for a photo before starting his "workout" at their backyard.

ended his win streak in 2015 in UFC Fight Night 69 when the latter earned a TKO (head kick and punches) victory at the 1:30 mark of the second round.

"I gotta stay sharp and clean, like how I did with my previous fight with Nick Hein and I

am confident in a solid performance," Camacho said when asked how will he approach his encounter with Silva Alves.

Camacho's bout with the Brazilian would be his first this season, kicking off his new four-fight deal with UFC.





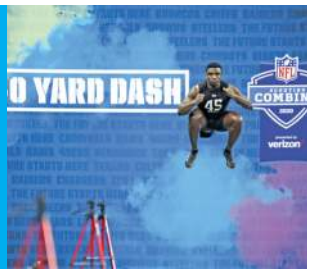
Signs suggest  
summer dates  
for Tokyo  
Olympics

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# Saipan Tribune Sports

NFL draft:  
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SAIPAN TRIBUNE

# 'The Crank' emulates Rocky

By ROSELYN B. MONROYO  
roselyn\_monroyo@saipantribune.com  
REPORTER

Frank "The Crank" Camacho takes as inspiration from the movie "Rocky IV" as he prepares for his battle against Brazil's Alan Patrick "Nugget" Silva Alves in the UFC Fight Night 173.



SAIPAN TRIBUNE PHOTO  
Kanoa Football Club's Andruw Om-elau, left, seen here trying to prevent TanHoldings Football Club's Taka Borja from saving the ball, is with MP United Football Club's Oliver Lee, inset, and TanHoldings' Mark Esalan in the Top 3 for the Golden Boot race in the boys U19 division of the 2020 NMIFA Spring Youth League.



## MPU's Lee leads Golden Boot race

By ROSELYN B. MONROYO  
roselyn\_monroyo@saipantribune.com  
REPORTER

MP United Football Club's Oliver Lee is alone at the top spot for the Golden Boot race in the boys U19 division of the 2020 NMIFA Spring Youth League.

After four matches at the NMI Soccer Training Cen-

ter in Koblerville, Lee has recorded 10 goals and is so far the only player in the division to have goals in twin digits.

He made it to the board in all of MP United's four games, showing his best scoring output in their 16-0 demolition of

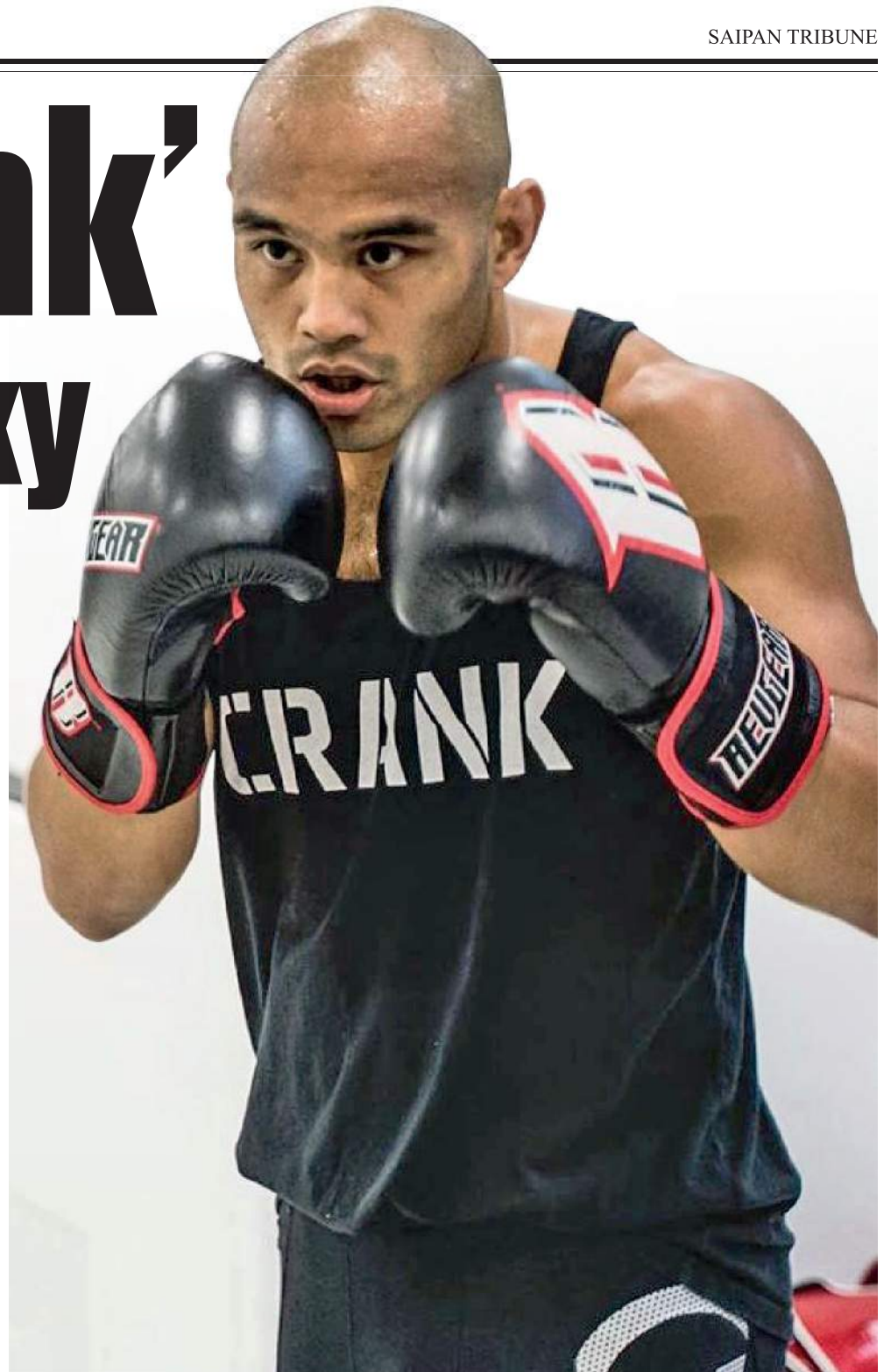
See MPU's on Page 19



"Currently with the whole quarantine lockdown situation, I am doing my best training at home. I feel like Rocky in *Rocky IV* preparing to fight Drago, training with no training partners and training with the basic necessities. It's cool as I get to really focus on the internal part of being a fighter and martial artist," said Camacho.

The Marianas pride was referring to the 1985 movie starring Sylvester Stallone as Rocky Balboa. In the movie, Balboa was pitted against Ivan

See 'THE CRANK' on  
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CONTRIBUTED PHOTO

Frank "The Crank" Camacho trains for his battle against Brazil's Alan Patrick "Nugget" Silva Alves in the UFC Fight Night 173.

## At-home workouts and dietary changes

To say that these are strange times would be an understatement. As the world pretty much comes to a jarring halt, we are all being asked to deviate from the things we normally do. hilariously, hunkering down and staying home instead of going to work or school is making some of us feel a bit out of sorts. But seriously, this whole situation (an unfortunate one at that) has forced us into living differently.

During this period of turmoil, each and everyone of us are making noteworthy adjustments. If you're like me, creating a new beat to march to is tough. After all, we are creatures of habit. Having a set routine keeps us centered. For instance, when all the gyms closed down I couldn't help

but think, "Well, crap...what am I going to do?"

To the layperson, they're quick to brush it off as if I were a 5-year-old kid who was told he couldn't have McDonald's. Strength training has very little to do with vanity or a bid for attention. It's beyond superficial needs. It's an outlet. It's a way to blow off steam.

**Q: I was on a roll with my training. Now with all the gyms closed down, I feel like I'm going to lose momentum. Any suggestions on what I can do?**

**A:** You can get a pretty decent training effect, and to some extent, build appreciable muscle with minimal equipment, but I'd be lying if I said at-home workouts are equally efficient (and cathartic) as

## Ask DRE:

By DRE DELOS SANTOS  
Special to the Saipan Tribune

Dre Delos Santos writes about fitness and nutrition for Saipan Tribune and TAGA Sports. He is a personal trainer at Gold's Gym. He is featured on fitness sites such as Weight Watchers, T-Nation, and STACK.



training in a fully equipped gym. However, given the circumstances, we all have to find other ways to stay productive. There's no shortage of free home workouts. The way I see it, this is perhaps a time to double down on your dietary and lifestyle habits and other elements. To that end, do what you can to stay active because this could take a while.

**Q: What dietary changes should we be making during this period?**

**A:** Let's make one thing clear: now is not the time to be on a calorie deficit. We're under a lot of stress, and we don't want to compound that. My general rule of thumb has always been to dial back on carbohydrates and to bump up the protein to accommodate the drop in training intensity.